



Caption

Hello from Tracy

News, updates and offers for new and existing clients

With summer here, and the sunshine sparking joy in our hearts, I felt inspired to get in touch with all my past, present (and future) clients to keep you updated on my news and also the reflexology treatment options available to you at Ikigai Holistic, in the heart of Whitstable. I'm passionate about learning new techniques to ensure that I offer my clients treatments that are tailored to their specific needs. I have now added facial and maternity reflexology to my offering and would be happy to answer any questions you may have so do get in touch or check out my website.

FACIAL REFLEXOLOGY

The unique benefit of this treatment is that in addition to helping clients with their health and wellbeing, it can also help them get a healthy glow.

MATERNITY REFLEXOLOGY

Using different techniques for each stage of pregnancy, optimise your pregnancy journey with reflexology.

REFLEXOLOGY GIFT VOUCHERS

Are you wondering what to give a loved one? I have gift vouchers available for all treatments.



Interesting foot facts and other quick reads:

Look at my [blogs](#)

Prices



One hour or 30 mins foot or facial reflexology: £60 or £30

90 minute foot and facial reflexology: £85

Offers available on my website:

www.thewindingpath.co.uk

Location: Ikigai

I work on Fridays from beautiful treatment rooms at [Ikigai Holistic](#), 83, Canterbury Road, CT5 4HQ

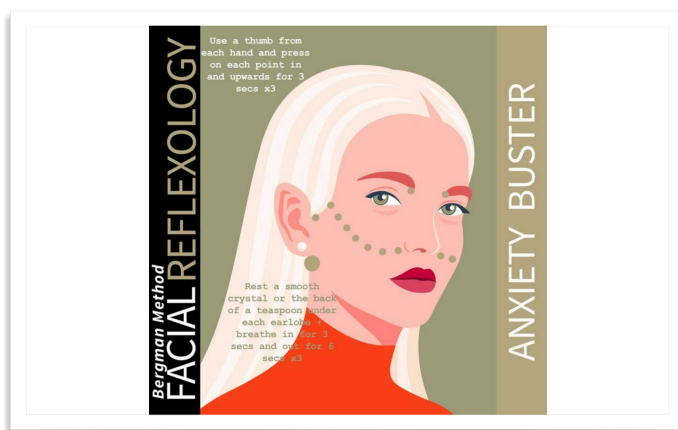
Pregnant ladies wanted!

3 x half price treatments for two ladies

Reflexology is a favoured holistic therapy in pregnancy. Expectant women can benefit from treatments that can help ease many of the symptoms they experience at this time, such as constipation, morning sickness and pelvic girdle pain.

Furthermore, particularly for a first-time mum-to-be, an hour spent in a calming environment focusing on relaxation is a welcome break in the lead up to this major life event and change in role. I recently undertook some advanced professional training in maternity reflexology and I can treat women throughout their pregnancy journey.

I am now looking for **two** pregnant ladies who would like to take advantage of a special offer. Two lucky ladies, willing to be case studies, will receive 3 x half price treatments (For a total price of just £90). Get in touch soon: only 2 spaces available. **Call Tracy: 07948 621852 or email: tracy@thewindingpath.co.uk**



Self-help anxiety buster

Reflexology is well-known to be effective for relaxation and stress relief but between treatments there is a lot you can do as one of your personal self-care strategies. There are reflex points on the face that we can stimulate as part of a cleansing and moisturising routine, when you are applying sun cream, or at any time when you can feel your anxiety levels increasing. The image above illustrates the reflex point on the face for the diaphragm. Anchoring your finger tips on the hairline, apply pressure with each of your thumbs for a few seconds before moving a few millimetres outwards and repeating along the line of your cheekbone until just before the top of your ears. Repeat the sequence three times, and you will probably find your breathing adjusts to the rhythm. Try it.

...AND OTHER STUFF

It is not all about feet! When I'm not in my treatment rooms, you'll often find me hanging around Whitstable Yacht Club. Even if you are not a sailor, it has a great vibe and social members can use the facilities and join in some of the many social activities. This picture is me at a local music club evening....loads of fun! The next music club showcase is on August 4th and it will be on the deck. Even if you are not ready to get your guitar out quite yet, perhaps just stroll past - you might just see an off-duty reflexologist singing a tune or two!

