



## Updates from Tracy

As we head fully into autumn, I wanted to get in touch with all my past, present (and future) clients to keep you updated on some exciting news. I have now been working at Ikigai Holistic in **Whitstable** for a full year. Time has flown and I have met many wonderful people over that time and look forward to continuing as we move towards 2024. My news is that I am now also practicing in **Tunbridge Wells**. This October I started offering treatments from the beautiful Practice Rooms on Tunbridge Well's High Street. This new space has a wonderful ambience and clients love the warmth and cosiness. This opens up more appointment slots (evenings and weekends) and I look forward to introducing many more people to reflexology and all its benefits.

**FACIAL AND FOOT REFLEXOLOGY**  
The ultimate in pampering: a combined facial and foot reflexology treatment. Delicious!

**MATERNITY REFLEXOLOGY**  
Offer still on! 3 x half-price treatments for one lucky pregnant lady!  
Get in touch

**REFLEXOLOGY GIFT VOUCHERS**  
The gifting season is upon us. Why not give your loved one, a colleague or friends a gift voucher (valid for one year)



**Interesting research about sleep benefits of reflexology and other quick reads:**  
Look at my [blogs](#)



**Prices**  
One hour or 30 mins foot or facial reflexology: £60/r £30

90 minute foot and facial reflexology: £85

Offers available on:  
[www.thewindingpath.co.uk](http://www.thewindingpath.co.uk)

**Whitstable**  
Ikigai Holistic,  
83 Canterbury Road,  
CT5 4HQ

**Tunbridge Wells**  
The Practice Rooms  
96 The High Street

## Pregnancy Reflexology

"I'm so glad I found Tracy for pregnancy reflexology. She is amazing - kind, welcoming, knowledgeable and her treatments are magic...I can't recommend her enough..."

See Emily's full review [here](#)

### 3 x half price treatments for one lucky lady

The benefits of reflexology during pregnancy are increasingly documented. In fact, many women have their first experience of reflexology during this time. They find it helpful when struggling to relax or if they are suffering with lower back pain.

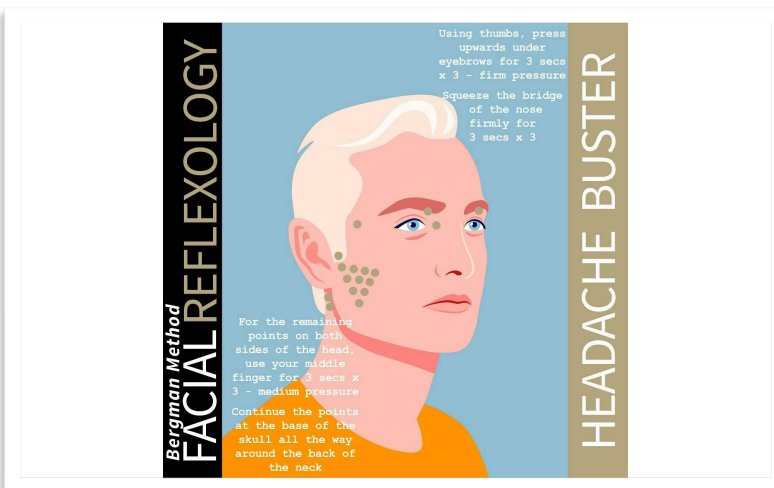
As a professionally trained reflexologist, accredited by the Association of Reflexologists, I have also been trained in this specialism. I currently have a special offer available for one pregnant lady in her second or third trimester. Do get in touch quickly if you would like to get this special offer.

*Contact me for more information, questions or feedback:*

Email: [tracy@thewindingpath.co.uk](mailto:tracy@thewindingpath.co.uk)

Tel: 07948 621852

## Facial Reflexology



Facial reflexology provides additional benefits for sufferers of headaches and migraines, which can be caused by teeth grinding (bruxism). Because facial reflexology manipulates and relaxes the facial muscles as well as working the reflexes, this can help in alleviating some of the symptoms of these painful conditions. The image above shows you some ways you can do this at home.

## ...AND WHAT ELSE?

Many of you will know that I like to dabble in music and this year I joined a band!

We are a cover band called The Dead Pelicans. I love it! We are slightly tongue in cheek and as you can see in the picture here, quite an entertaining bunch!

Our next gig is at The Waterfront in Whitstable on Saturday 18th October so pop it in your diaries!

