

INDIAN HEAD MASSAGE

The massage involves working with a firm but gentle rhythm to help un-knot blockages and relieve any uncomfortable buildup of tension within the whole of the body.

It is a deeply relaxing treatment helping to alleviate stress and anxiety, increasing blood flow and lymphatic drainage, and may provide relief from headaches, sinus problems and sleep related disorders and improve mobility and reduce everyday aches and pains.



REIKI

Reiki, pronounced 'Ray-Key' and translated as 'Universal Life-Force Energy', is an ancient healing system originating thousands of years ago in Japan, and reintroduced more recently by Dr. Mikao Usui.

Reiki is a non-intrusive holistic therapy suitable for everyone including pets and equine. The Practitioner will gently place her hands in a sequence of positions to cover the whole of the body. 'The whole person is treated rather than specific ailments.' The Reiki Energy is channelled through the Practitioner's hands to the recipient – flowing to the areas most needed – soothing pain and stimulating the body's own natural ability to heal itself; removing physical and emotional blockages that may have been causing illness or upset at some time; clearing energy pathways and balancing chakras.



ANIMAL WELLBEING & REIKI for PETS

Helen uses a combination of Hands-on Healing, Reiki for Pets & Equine, The Balance Procedure, Flower Essences and Animal Aromatics to treat your pets holistically.

Your vet's consent must be sought before a visit can be arranged and treatment is carried out to complement your vet's treatment and is not intended in any way to be a replacement of veterinary care.

Practitioner Profile

Helen Sheppard is a member of the Association of Reflexologists, The British Institute of Allergy & Environmental Therapy and The British Complementary Medicine Association.

Helen qualified as a Practitioner of Traditional Hand & Foot Reflexology in 1998 and has continued her professional development in Complementary Therapies ever since. Many different Advanced Reflexology techniques are incorporated into her therapy including Precision Reflexology and Linking, Chi energy work to balance the body, and Synergistic and VRT, along with breathing and body weight techniques to enhance the reflexology treatment.

In 2007 Helen graduated with Distinction in Food Sensitivity & Environmental Allergy Therapy with the BIAET. The use of Flower Essences, Dowsing, The Balance Procedure and NLP are also incorporated into her work.

In 2011 Helen updated her qualification as a Maternity Reflexologist and in 2012 qualified in Auricular Reflexology and, 'NEW' to the UK – Hot Stone Reflexology which she is currently introducing into her practice.

Helen also organises CPD training in Reflexology for qualified therapists and is, therefore, in a constant state of learning herself!

Helen has always had a very strong interest in the use of Holistic Therapies with Animals and has undertaken many varied courses in Animal Wellbeing & Reiki for Pets & Equine.

APPOINTMENTS & INFORMATION

Telephone 01874 665 461
Mobile 07976 546 051

Helen works from home in Llechfaen situated in the Brecon Beacons.

INDIVIDUAL TREATMENTS BEGIN AT £30.00

Gift Vouchers for All Occasions



"Footsteps to Better Health"

REFLEXOLOGY

Hand & Foot Reflexology
Maternity Reflexology
Hot Stone Reflexology ... 'NEW'
Auricular Reflexology
Facial Reflexology

FOOD SENSITIVITY & ENVIRONMENTAL ALLERGY THERAPY

VIBRATIONAL ESSENCES

REIKI

INDIAN HEAD MASSAGE

ANIMAL WELLBEING & REIKI for PETS & EQUINE

Helen Sheppard

M.A.R., B.I.A.E.T., B.C.M.A. Reg.

Holistic Therapist

Telephone 01874 665 461

Mobile 07976 546 051



TRADITIONAL REFLEXOLOGY

Reflexology is a method of encouraging relaxation, balance and healing of the body by the gentle stimulation of specific points on the hands or feet.

The feet are one of the body's most sensitive areas, containing several thousand nerve endings. Reflexologists believe that each organ and gland of the body is represented in a specific place on the hands and feet.

The reflex points are linked from the feet and hands throughout the body like an 'electrician's wiring' to specific areas and organs of the body.

If there is tension or congestion in an area of the foot, then tension and congestion will be mirrored in another part of the body. By applying pressure to specific points on the hands or feet congestion and circulation can be improved, encouraging the free flow of energy to be returned to the body.

Who can benefit from Reflexology?

Reflexology is a holistic therapy, treating the whole person and not just the symptoms of illness and disease. Regular maintenance treatments help to strengthen the body against illness and fatigue by encouraging the correction of imbalances at an early stage. The benefits can be enjoyed by anyone of any age and may be effective in helping conditions such as:

- *Stress and anxiety*
- *Joint pain*
- *Problems of the skeletal system*
- *Digestive and urinary disorders*
- *Hormone and fertility issues*
- *Allergies*
- *Respiratory and circulatory problems*
- *Sleep disorders*
- *Sinus and ear related problems*
- *General cleansing & detoxification of the body*

Advanced Reflexology Techniques, Chi and Precision Reflexology are incorporated into the treatment where needed.

HOT STONE REFLEXOLOGY

'NEW' to the UK – an extremely popular therapy providing a deep and thorough treatment by warming the areas worked on, thus providing a more effective treatment. The heat from the Volcanic Basalt Stones can penetrate up to three times more deeply than the therapist's fingers usually would. Placement stones may be used to warm and relax the shoulders, neck or back whilst delivering a Reflexology treatment to the feet.

MATERNITY REFLEXOLOGY

Maternity Reflexology is a specialised area of Reflexology covering the treatment of conditions experienced throughout pregnancy, birth and aftercare. Reflexology is a non-intrusive, very relaxing therapy to receive and can be used as a preventative treatment to boost the immune system prior to and during your pregnancy. Conditions which may be helped include headaches, morning sickness, heartburn, symphysis pubis pain/dysfunction, fluid retention or frequent urination, sciatic pain, hormonal balancing and fatigue. Reflexology leading up to and during labour can relax the mother-to-be helping her feel more in control during contractions. *"Relaxed Mum = Relaxed Baby"*

FACIAL REFLEXOLOGY

Facial Reflexology balances the whole of the body via the connections between the central nervous system and meridian lines. It is a profoundly relaxing, yet extremely powerful, therapy helping to restore balance and calm to the whole of the body, whilst providing all the benefits of modern Reflexology.

AURICULAR REFLEXOLOGY

Auricular Reflexology is a great way of helping common concerns and conditions such as weight loss, insomnia, addictions, migraine and physical pain. Most clients find that having their ears worked is profoundly relaxing and stimulating at the same time. An Auricular Reflexology session usually combines an ear massage with the application of small 'seeds' or magnets to reflex points on the the ears. However, specific problems may be treated by the application of the 'seeds' along with any other offered therapy, at an additional cost.

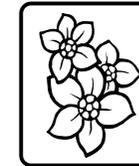


FOOD SENSITIVITY & ENVIRONMENTAL ALLERGY THERAPY

Either by 'dowsing' or a method called 'Touch for Health', certain muscles in the body are tested for weaknesses which may indicate a sensitivity or intolerance in a person to certain foods or environmental pollutants.

After completing tests a treatment plan will be devised to eliminate certain offending additives and colourings from the patient's diet. This serves to strengthen the Immune System whilst other more problematic offenders can then be desensitised by administering homeopathic drops recommended and supplied by the British Institute of Allergy & Environmental Therapy. The homeopathic theory is that 'Like Treats Like'.

Following desensitisation, the patient will be re-tested in a couple of weeks to establish improvement. It is hopeful that the patient will no longer have a sensitivity to the tested substances and thus enable the immune system to recover to a degree that the body can once again fight for itself naturally.



VIBRATIONAL ESSENCES

These are the Vibrational Imprints of flowers, trees, mosses and crystals captured in water and contain a healing vibration that catalyses change and enables transformation on an emotional, mental and spiritual level to restore harmony within.

The Essences work to enhance the positive aspects of the qualities of mind, emotion and personality to help us 'Feel Better'. By encouraging the positive aspects to shine through the negative aspects are dissolved.

Vibrational Essences help the person to Accept – Acknowledge – Forgive – Release and finally Move On. As the old saying goes, "You need to feel it to heal it". Helpful for anyone at any time of life, they can be used safely alongside any prescribed medication and are without any known side effects.