



## Les Pieds Newsletter -August 2014

### A TIME FOR REST AND RELAXATION

Summer is often seen as a time to relax and enjoy the outdoors, sunshine and fresh air. **Reflexology treatments** can also assist us to relax, rest and repair.

So what are some of the benefits of rest and relaxation?

- Rest repairs the body. Activities of the body slow down and cells are able to recuperate
- Rest gives us more energy
- Relaxation can induce better sleep
- Rest increases blood flow to the muscles and can help ease muscle tension.
- Rest can help improve concentration and efficiency
- Rest and relaxation enhances the immune system

Reflexology clients report that reflexology sessions have given them a sense of peace, comfort and tranquillity.

### SEPTEMBER PROMOTION:

Watch out for promotions on reflexology treatments to celebrate: **WORLD REFLEXOLOGY WEEK** at the end of September.

**QUOTE OF THE MONTH:** "Rest is not idleness, and to lie sometimes on the grass under trees on a summers day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time" John Lubbock, The Use of Life

[www.lespiedsreflexology.co.uk](http://www.lespiedsreflexology.co.uk)