



Paradise Pedi-Ology

I have christened my signature treatment “Paradise Pedi-Ology”, to pamper you from Sole to Soul. My aim is to introduce you to the amazing therapeutic benefits of the ancient science of Reflexology: your feet are a ‘map’ of the rest of your body – by applying pressure to specific areas, every organ and system of your body in the same meridian line is sent a message, which assists in normalizing it. We begin with the indulgent pampering of a ritual coconut milk foot soak in my gorgeous hand-made copper bowl, with marbles to massage your soles, whilst I massage your hands. Then a 30 minute specialist treatment with Reflexology can help with absolutely ANY problem area in your body. Follow this with a foot and leg exfoliation treatment with a cane sugar scrub, with naturally occurring alpha hydroxyls in pure cane sugar infused with essential oils, enzymes and coconut oil. Next is a leg and foot massage with Pure Fiji coconut exotic oil massaged with warm stones. Tired, aching feet and legs will love the extra attention of the Pedi-treatment. To complete this amazing healing, your feet will be cocooned in warm self-heating booties, whilst you are ultimately pampered with a Fijian head/scalp massage with warm oil, to leave your hair healthy and shiny. The booties are a patented innovation to warm your feet with a natural blend of shea butter, beeswax and soy serum. Like your feet, your scalp has many reflex points, so combined with the other treatments your whole body will be totally relaxed and rejuvenated. Treatment benefits:

Reflexology

- Relaxes tension – releases and reduces stress
- Removes congestion –by releasing blockages to normal life flow
- Improves circulation – including blood flow, lymphatic fluid, nerve response and oxygen flow
- Helps nature to normalize body functions –every single body function will begin to improve
- Functions as preventative maintenance for the body – through the ultimate opportunity for health, vitality and optimum functioning.

Pedi-treatment, hand and scalp massage

- Pure relaxation
- Exfoliation of dead skin cells with natural glycolic and malic acids
- Hydration boost
- Lymphatic drainage to detoxify
- Increases circulation
- Hydrates and nourishes the skin and hair with Vitamins A,B ,C & E
- Besides the beauty, copper naturally kills many germs and bacteria and helps reduce pain and inflammation

90 mins - \$125

