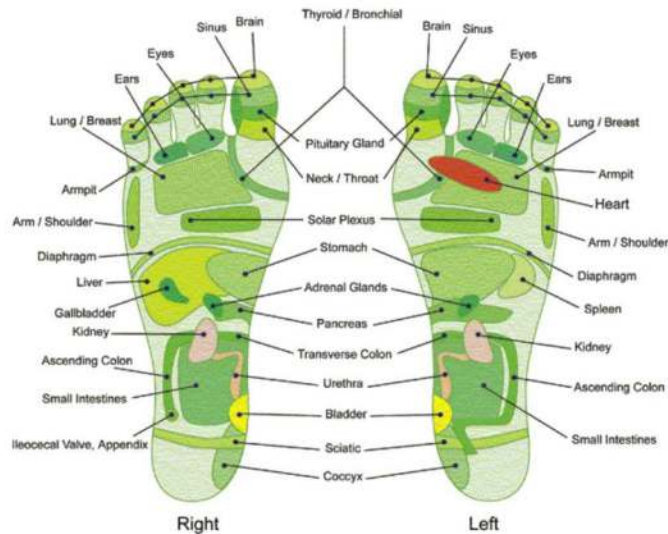


## The Treatments

Treatment prices and times are listed below, however you can also save 20% when you book a course of 12 treatments

Initial Consultation & Treatment	50 mins	£50
Chiropody	40 mins	£40
Reflexology	50 mins	£50

For more information, or to make an appointment, please contact Vicki directly on **07944 040996**



**Cancellation Policy:** We understand that sometimes life gets in the way, however we do ask for a minimum of 24hr notice should you need to rearrange or cancel your booking, otherwise the full amount will be charged. Please contact Vicki directly to cancel or rearrange any appointments made on 07944 040996. Payments are to be made at Lanes Health Clubs

**LANES**  
HEALTH CLUBS

# Chiropody & Reflexology

WITH VICKI LLOYD

For more information or to make an appointment,  
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**07944 040996**



## Meet Your Therapist

Vicki Lloyd obtained a First-Class Honours Degree in Podiatry at Northampton University in the year 2000 and has worked both privately and within the NHS.



## Podiatry and Chiropody

Surprisingly, there's no difference between a podiatrist and chiropodist – other than podiatrist is a more modern name!

Podiatrists are health care professionals who have been trained to diagnose, treat and prevent abnormal foot conditions, to keep people mobile and active.

Vicki offers advice and treatment for **painful feet, thickened or discoloured toe nails, corns, callus or cracks** in the skin.



## Reflexology

Reflexology is a complementary health therapy, based on the theory that different points on the feet correspond with different areas of the body.

Vicki uses pressure manipulation with her hands and wooden tools to stimulate reflex points, which encourage the flow of energy to the related body part.

Gradually this aids in the restoration of homeostasis and stimulates the body's ability to heal itself, physically and emotionally.

**Reflexology is used for a range of conditions, including stress, anxiety, headaches, arthritis, insomnia, digestive problems and back pain.**

## Your Appointment

Initially Vicki will complete a full medical history consultation with you and carry out basic tests, such as checking blood circulation and the feeling in your feet. This allows her to learn about your health and lifestyle to fully customise your foot therapy treatment.

Usually, any minor problems that are picked up can be treated on the spot, including the removal of **hard skin, corns and calluses.**