

Losing Weight Using Holistic Therapies

Reflexology

REFLEXOLOGY BALANCES THE BODY SYSTEMS, IT HELPS REDUCE FOOD CRAVINGS BY STIMULATING CERTAIN REFLEXES THAT ARE FOUND ON THE FEET. THESE ENCOURAGE THE BODY SYSTEMS TO WORK TOGETHER AND INCREASE THE METABOLISM.

IT HELPS THE BODY TO EFFECTIVELY DIGEST ANY FOOD THAT IS EATEN, ENSURING THAT ALL NUTRIENTS ARE RECEIVED AND FULLY DIGESTED.

Massage

MASSAGE HELPS THE BODY TO REMOVE ANY TOXINS THAT ARE BUILT UP IN THE TISSUES. IT ALSO HELPS WITH CIRCULATION AND LYMPHATIC DRAINAGE WITHIN THE BODY. THE INCREASE IN THESE CAN VASTLY IMPROVE THE APPEARANCE OF THE SKIN AND HELP TO GET RID OF ANY EXCESS FAT THAT HAS BUILT UP.



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