



Weight Loss Programme

A 6 week programme involving a combination of **Nutritional Therapy & Reflexology**.

Week 1: Nutritional Therapy Consultation with tailored eating and lifestyle programme. (A detailed consultation designed to uncover and tackle the root causes of your weight gain. Sample menu planner with foods to include and foods to avoid. Will also include many delicious recipes).

Weeks 2 -6: Weekly Reflexology Treatment plus weekly evaluation of treatment plan and weight loss.

Reflexology in conjunction with a balanced eating plan is beneficial for certain types of weight loss, particularly where weight gain may be due to hormonal imbalances.

It is also beneficial in helping regulate the digestive system and allowing for a more efficient elimination of toxins from the body. Reflexology also helps regulate blood and lymph flow and encourages the body to balance and heal itself.

Reflexology is of particular benefit in stress release and as such can be of benefit in weight loss where stress levels cause an imbalance of the hormone cortisol which can sometimes lead to visceral adipose tissue.

Cost of Programme = 330euros