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Reflexologist stops by to help busy mums

By Anita Jaynes on July 8, 2015

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Reflexologist Gabriela Slater joined parents and carers at a local toddler group in Derry Hill, near Calne to offer them mini reflexology sessions in return for donating to the group's funds.

Gabriela, who has been running her business NuReflexology since 2011, visited Derry Tots Playgroup and offered hand reflexology sessions to parents. Half of all money raised was given back to the group to fund activities for children.

"Mums never have enough time to take time out and do something relaxing, I thought that these mini reflexology sessions would help them slow down for a minute and enjoy the treatment" said Gabriela.

Gabriela set up NuReflexology in Chippenham after receiving life changing help herself when her own daughters were toddlers.



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“As a mother of two very small children, I found I was suffering from stress, insomnia and was constantly feeling tired. I followed a course of treatment from a reflexologist and it changed everything. I felt more energised and more able to cope.”

Derry Tots is a community playgroup offering activities each week as well as providing an opportunity for parents and carers to socialise.

Rachel Cassey-Holland, who is co-chair of the group, said: “Gabriela approached me with an idea of periodically running mini hand reflexology clinics during our village toddler group sessions.

I thought it was a fabulous idea because I’m a tired mum to three boys under the age of five and even just ten minutes of pampering sounded like heaven. Everyone who had a session with Gabriela was raving about it afterwards.”

Mum Marjorie Forbes Eldridge also took advantage of the offer.

She said: “In the frantic time of being a busy mum Gabriela’s reflexology was relaxing and rejuvenating. Taking just ten minutes to work on pressure points on my hands felt like so much longer.”

Reflexology involves applying gentle pressure to the areas of the feet/hands which are a mirror image of the bodily systems, glands and organs. The feet/hands have different points called reflexes which correspond to different parts of the body. Reflexology sessions can reduce stress levels, increase energy levels, stimulate immune system and also improve blood and nutrient supply to all areas of the body.

For more information about NuReflexology visit www.nureflexology.co.uk

Pictured above: Rachel Cassey-Holland (left), Gabriela Slater (centre), Emily Lee (right) with Monty.

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