



# BRADFIELD COLLEGE SPORTS COMPLEX



Dedicated to your health and well-being

Reflexologist: Angela Mitchell (MAR)

INDIGO BLUE REFLEXOLOGY

Fully insured & full member of the Association of Reflexologists



To book contact Reception on 0118 964 4600

or email: [frontdesk@bradfieldcollege.org.uk](mailto:frontdesk@bradfieldcollege.org.uk)

Bradfield College Sports Complex, Bradfield, Reading, Berkshire, RG7 6BZ

## What is Reflexology?

Reflexology is a safe pleasurable relaxation therapy that is applied to the feet, hands or face that can be of benefit to many people without negative side effects, thus helping to restore the body's own natural equilibrium.

Reflexology uses pressure technique directed at the feet, face, ears or hands.

The benefits include:-

- Improved nerve function
- Boosted Energy Levels
- Increased Circulation
- Relaxation
- Elimination of Toxins
- Nervous System Stimulation
- Reduction in Headaches



## Who we are

Angela trained at The Oxford School of Reflexology in 2006 which was then a leading training Centre for reflexology.

More recently Angela has successfully qualified in Aroma reflex enabling her

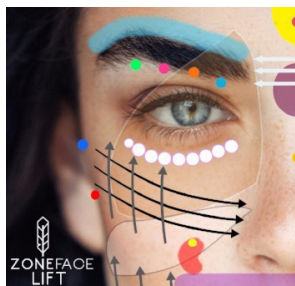
to use essential oils safely within her practice and more recently facial reflexology and Zone Face Lift at The London School of Reflexology 2018.

Angela is also qualified in baby reflexology, hand reflexology, hot stone reflexology and Indian Head massage and will be continuing her professional development with reflexology lymph drainage and maternity reflexology in 2019.

All the treatments use Botanical products and Weleda which are 100% natural organic products.



## New - Facial Reflexology



Is stress and tension affecting how you look and feel? Naturally lift your face & spirit with this exclusive new spiritual facial treatment without Botox or fillers.

The Zone Face Lift combines traditional reflexology with ancient healing techniques from Native American shamans, using pressure point massage with the amazing sacred healing herb Elixir created by Ziggy Bergman giving you a wonderful uplifting healthier glow to your complexion.

It also incorporates the use of Asian body mapping as well as crystals & a gua sha tool, to create the 'Zone Face Lift' renowned for removing up to 10 years of ageing over a 12 week programme.



**'I am absolutely blown away by my advanced facial reflexology this morning, with hot towels and Weleda products. I will be booking in monthly.**

**A fabulous treatment in a wonderful treatment room'**

## Price List

Standard Facial Reflexology	(45 mins)	£45
Advanced Facial Reflexology	(60 mins)	£55
Zone Face Lift Reflexology	(90 mins)	£65
Zone Face Lift Reflexology (3)	(90 mins)	£175.50
Zone Face Lift Reflexology (6)	(90 mins)	£331.50
Zone Face Lift Reflexology (12)	(90 mins)	£624.00
Foot Reflexology	(30 mins)	£30
Foot Reflexology	(45 mins)	£45
Facial/Foot Reflexology	(90 mins)	£80



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Swimming · Fitness Classes · Sports Hall · Gym