

What to Expect from a Consultation

Consultations offer a profound and healing experience and lots of ideas and techniques to take home with you.

- An initial consultation session takes as long as you need, usually about 3 hours.
- We talk leisurely about your birth, childhood, health, feelings, your mother, lifestyle, periods, pregnancies and births, miscarriages, things you want to change. This usually takes 1.5 hours.
- I select aromatherapy oils to use for the reflexology and give you some suitable images to relax into.
- I choose one of the Birth Series CDs as background music.
- Usually I will give a relaxing facial massage first.
- A reflexology treatment lasts a full hour.
- Afterwards we discuss my findings and any thoughts you have.
- You get a CD with purpose made music to use at home between sessions; plus a bottle of individually chosen aromatherapy oils to use at home in the bath or as massage.
- You will also leave with several new ideas of how to look after yourself better and feel happier about your situation and self-hypnosis suggestions.

**This first long session costs £150
including CD and oil bottle.**

**Future sessions are charged at an hourly rate of £50
Most women feel they need 1-2 hours.***

* I recommend longer and less frequent sessions as usually you are not ill and it is also often easier to accommodate in your busy schedule. You will also have plenty time to apply what we have discussed in between consultations.

APPOINTMENTS

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