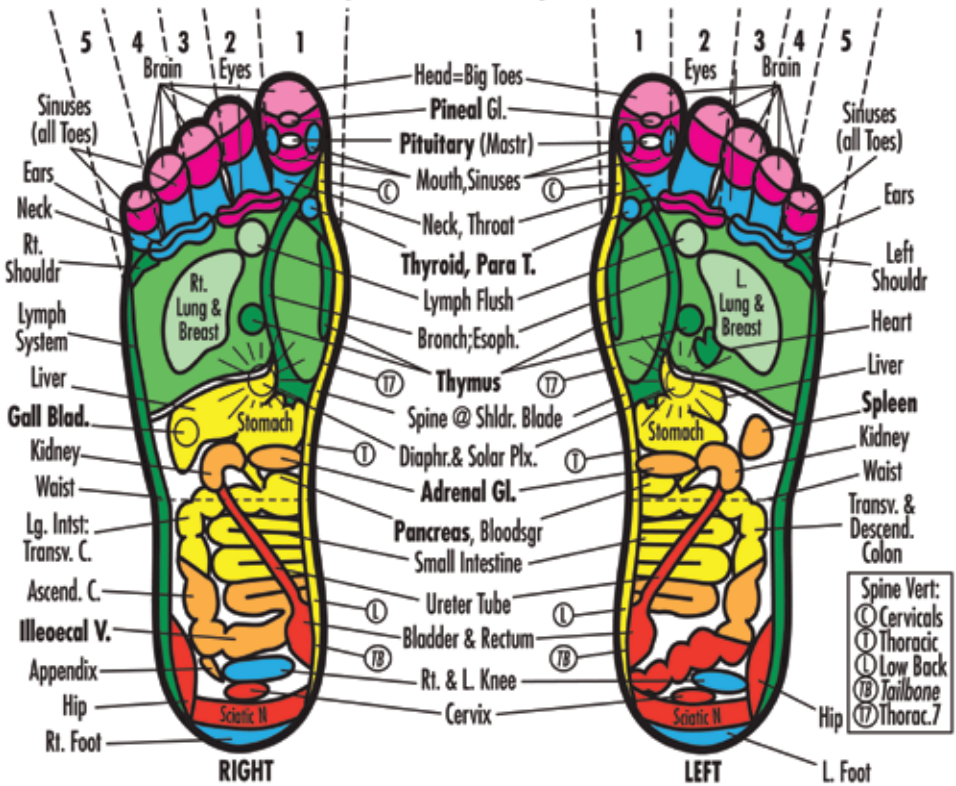


Foot Reflexology Chart



Foot Reflexology

Reflexology is the science of reflex areas in our feet, hands and face that correspond to all glands, organs and parts of our body.

Massage (gentle touch or pressure) helps by releasing tension, pain and waste buildup affecting different areas. It can rejuvenate our mental, emotional & physical well being by stimulating our circulation and nervous systems. This allows more oxygen & other nutrients to be absorbed by our body tissues.

*MediRub Massagers are recommended by doctors for athletes and others desiring optimal vitality & wellness. **How about a 5 minute foot massage?***

www.medirubmassagers.com/aww

Marilyn Melvin 503-524-4862