

Julia Wood

Complementary Therapist

Specialities

Hand and Foot Reflexology

Tsuboki Japanese Face Massage

Indian Head Massage

Extra courses include:

- Pre-conceptual, Pregnancy and Post Natal Care in Reflexology
- Spinal Reflexology
- Emergency First Aid
- Introduction to Reflexology and Cancer Care
- Homeopathy and Cancer

Main qualifications

Economics and Psychology Degree (Bsc Hons)

ABC Level 3 Diploma in Hand and Foot Reflexology

Levels 1 and 2 in Tsuboki Japanese Face Massage

Diploma in Indian Head Massage

Personal Statement

I have been working as a Reflexologist since 2013 and graduated from the London School of Reflexology in Regents Park. I am a Member of the Association of Reflexologists which is the professional body in the UK which enables me to further enhance my knowledge and skills by running advanced courses and seminars. I also volunteer at my local hospice giving treatments to patients and carers, as well as running a staff treatment day on a weekly basis. I absolutely love giving complementary treatments and seeing the improvements they make to my client's lives by reducing pain, improving general well-being and bringing about a state of balance and harmony.

Ethos

I tailor each treatment to my client's wishes and needs, providing them with personal aftercare advice and if necessary, researching into their medical condition to further enhance the next treatment. I am passionate about the power of my therapies and their effectiveness and aim to leave my clients feeling relaxed, rebalanced and restored in a calm and relaxing environment.