



## JULIA WOOD

### Complementary Therapist

#### 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.

#### SPECIALITIES

- Hand and Foot Reflexology
- Tsuboki Japanese Face Massage
- Indian Head Massage
- Extra courses include:
  - Pre-conceptual, Pregnancy & Post Natal Care in Reflexology
  - Spinal Reflexology
  - Introduction to Reflexology & Cancer Care
  - Homeopathy and Cancer Care

#### 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

#### 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.



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