What Can Laura Norman Reflexology Do for You?

FOR YOUR BODY
• Relax your body and calm your nervous system
• Strengthen your immune system
• Relieve sinus congestion almost instantaneously
• Improve blood and lymph circulation
• Normalize blood pressure and lower heart rate
• Reduce chronic pain, relieve cramps & spasms
• Aid in overcoming addictions
• Promote deeper, more effective breathing
• Assist in weight management
• Reduce swelling and inflammation
• Help your body “detoxify” and cleanse
• Lessen tension headaches, symptoms of PMS/menopause

FOR YOUR MIND
• Reduce mental stress
• Promote better sleep
• Improve concentration and focus
• Enhance creative expression
• Focus your intentions
• Visualize your goals
• Achieve your outcomes

FOR YOUR SOUL
• Promote a feeling of overall well-being
• Reduce anxiety and calm the soul
• Enhance free flow of energy
• Experience peace and harmony
• Encourage a feeling of connectedness
• Strengthen self-awareness and positive self-image