



# Heeling Touch

**Natalie Hardwick** gets her feet out



**I**t's pretty challenging to make your lunch break one of serenity. But through a tiny doorway, John Donovan provides

such an opportunity. Since he trained 10 years ago, John has practiced the ancient treatment of reflexology. That's the strategic placement of pressure on parts of the feet, which reputedly leads to improved sleep patterns and the ease of pain, or a head congested with the stresses of modern city life.

I did just that the other lunch time. After welcoming me into a pale blue room, with the calming sounds of the ocean in the background, John gently went through my wellbeing and lifestyle — thankfully I proved a reasonably healthy subject. He then gently rotated my feet to relax them, and get me used to having them

touched. For those with foot 'issues', it should be duly noted that this is in no way ticklish or painful. He then slowly and systematically applied pressure on certain parts of the foot, which vary according to the aim of the session.

After half an hour of bliss, it was sadly time to slowly come back round to the real world. Immediately after the treatment, I felt so completely relaxed and it really was as though I'd had a weight lifted. John instructed me to drink plenty of water for the next 24 hours to flush out the toxins released by his flexing. Some clients experience a 'healing crisis': this is a short-lived period of potential headaches or lethargy, related to the expulsion of the illness. The vast majority of past clients have hailed the treatment a resounding success, with soreness relieved, sleep improved and a general feeling of complete invigoration experienced. Tailored to your personal needs, John provides a hospitable, completely comfortable service that a sceptic simply must experience to believe.

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