

It's The Touch That Creates The Magic Moments!



Pre-Natal Reflexology.

Reflexology is based on the principle that the entire body including its organs and glands

are represented on the soles of the feet, hands and face. We can say we have a mini-body on our body which when stimulated kicks in our self-healing ability.

Foot Reflexology is non-invasive and de-stressing. With 72,000 nerve endings on our feet, stimulating the reflex areas improves blood and nerve supply to the corresponding part of the body.

Facial Reflexology is a unique holistic therapy combines traditional healing methods from the Orient and South America with the modern science of Neurology using body maps, energy meridians of the body, acupressure and benefits of acupuncture without the needles.

A 70 minutes pre-natal session combines the benefits of Foot and Facial Reflexology encouraging a healthy and relaxed pregnancy and keeps the baby calm.

The sessions are adjusted according to the trimester aiming to ease pregnancy related complaints and working towards de-stressing and keeping mum relaxed and balanced.



(For a range of Pre-Natal Reflexology benefits, turn to the last page)

Pre-natal Reflexology commonly addresses but is not limited to these areas:

1st Trimester

Nausea, morning sickness, fatigue & mood swings caused due to hormonal changes, insomnia, adjusting to new physical changes in the body and mind and more.

2nd and 3rd Trimester

Hormonal balance, Back pain, Sciatic nerve pain, symphysis pubis discomfort, improved circulation, specialized lymphatic massage to help with water retention, digestive imbalances, hemorrhoids, insomnia, stress and more.

Frequency of sessions

Reflexology at regular intervals helps the body to adapt and maximize the benefits of this therapy. It is safe and beneficial even on a weekly basis. However, in the 1st and 2nd trimester, bi-monthly sessions are highly recommended. During the 3rd trimester a weekly treatment helps the mother and baby to be more in balance, relaxed and prepared for the due date. Most mums-to-be refer to these sessions as their reset button.

Pre-Labour preparation

It is commonly accepted that *baby comes when baby is ready*. Receiving pre-natal reflexology a few days prior to the date or when over-due, is very helpful in preparing and creating the right environment in the mother's body for delivery. Focus is on helping stimulate hormones needed for labour, stimulating and opening the pelvic area for easy delivery and helps to keep mother and baby calm.

While the effect is best when the mother's body is already adapted to reflexology through the pregnancy it is also beneficial for women who have not received any reflexology through their pregnancy. Sometimes more than one session is required.

Post-natal Reflexology

Acknowledging that your body has just accomplished a miracle of growing another human being within yourself much of your focus and energy in the days that follow will be on the baby. But remember that you need to nurture yourself just as much to feel balanced and whole.

Reflexology is a complementary therapy that helps tap into the body's self-healing ability or the natural tendency of the body to reach a state of homeostasis or normalcy.

This 70 minutes session combines the benefits of Foot and Facial Reflexology and helps you in various ways, for example -

Hormonal balance, Provide support for the Uterus, Digestive balance, Hemorrhoids, Improving milk supply, Breast health, water retention, Lymphatic massage on the feet and hands, Fatigue, Stress, Muscular tension and much more.

Pre and Post Natal Massage.

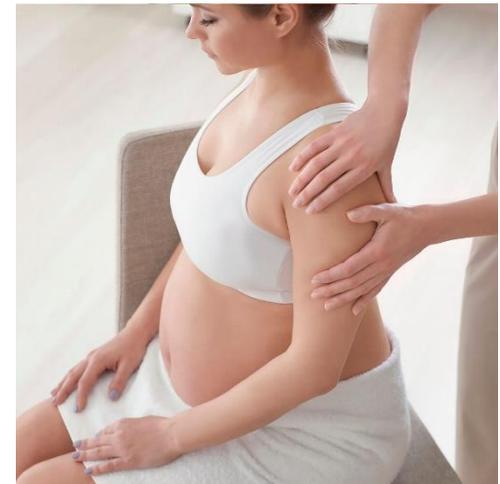
'When you touch a body, you touch the whole person, the intellect, the spirit and the emotion'

~Jane Harrington

Massage during and after pregnancy has an amazing benefit for the well-being of the mother.

- Helps the mother de-stress and relax
- Releases feel good hormones
- Lowers blood pressure
- Eases muscular aches and pains
- Improves blood and lymph circulation
- Boosts immune system
- Promote restful sleep
- Relieves stress and anxiety
- Calm the nervous system
- Detoxification especially for post natal massage with special lymphatic techniques and aromatherapy oils

This 70 minutes session is tailor made to suit the each stage of pregnancy and post pregnancy.



Empowering Self-help Massage Workshop

Pregnant and Loving it – Massage Workshop

180 minutes

A wonderful opportunity for the father-to-be, caregivers/doulas to learn effective and safe techniques to provide care and comfort for the expectant mother. Techniques learned can be used throughout the pregnancy. Massage techniques learned will cover the major stress areas in the upper back, shoulders, neck, arms & hands, scalp and face.



(*Husbands*) Feel empowered as you help your wife relax and unwind as often as she needs it. – She's OK, you're OK.

- Other supporting therapies are Reiki and Natural Organic Facials.
- For special package offers and prices, please contact Vandana Mendonça - 0507212693
Vandana.mendonça@yahoo.com

Empowering Self-help Reflexology Workshop

Baby and Children Reflexology Individual or Group

Reflexology is a non invasive and gentle therapy suitable for babies and for children.

Learn gentle and therapeutic reflexology techniques on the feet, hands and face to help your baby feel more calm and comforted. Soothe discomfort in areas like Colic, Digestion, Colds and Sleep. Supports the immune system.

Special Facial Reflexology points to help with:

- Improved milk supply
- Ease painful breasts
- Burping Babies

The same techniques can continue to be used through the growing years



Graceful Reflections

Vandana Mendonça

Facebook: <https://www.facebook.com/Vandanagracefulreflections/>

YouTube link:

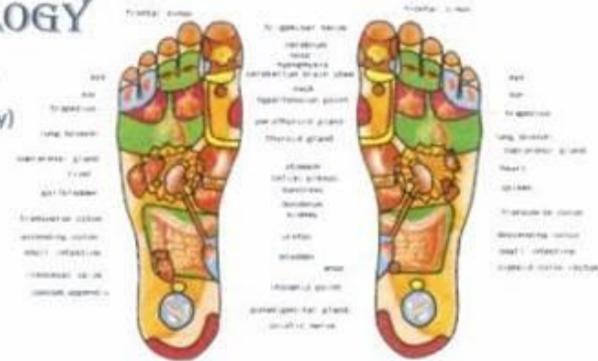
<https://www.youtube.com/channel/UC8dOqNQnG4QbgWgD5BZXVw>

Instagram https://www.instagram.com/graceful_reflections/



PRE -NATAL REFLEXOLOGY

KEEPING HEALTHY THROUGH THE PREGNANCY
(with a combination of Facial and Foot Reflexology)



Reflexology encourages the body to tap into its own innate self-healing abilities!

Musculo-skeletal System	Nervous System	Circulatory system	Digestive System	Endocrine or Hormonal system	Immune system
Relieves Muscular Tension	Reduces anxiety and stress	Improves blood circulation	Eases nausea and morning sickness	Balances hormones to stay healthy and calm	The body re-establishes its own natural balance
Relieves Upper & Lower back pain	Relaxes and calms the mind	Maintains healthy blood pressure	Reduces Acid Reflux & indigestion	Keeps metabolism healthy	Makes adjustments in every part - organ and gland
Relieves symptoms of Symphysis Pubis Dysfunction	Alleviates mood swings & irritability	Reduces Water retention and Oedema	Relieves Constipation	Maintenance of Gestational Diabetes	
Relieves Sciatica	Reduces Fatigue	Improves function of the lymphatic system			
Relieves Pelvic Discomfort	Improves Sleep				