

Thai Foot Massage

Q. **How does a Thai foot massage benefit the rest of my body?**

A. *As the reflexology points are stimulated on the underside of the foot, the internal organs are also stimulated, cleansing the whole body. The feet take a beating on an almost constant level; we walk, run and jump on them and sometimes forget to give them a little much needed TLC! The manipulation of the feet and lower legs can relax and cleanse the whole body.*

Q. **What kind of oils do you use?**

A. *I use a vegetable based oil with extracts of mandarin.*

Q. **My feet are in a bad shape, can I still have a massage?**

A. *Yes of course, I have seen many different types of feet and I really don't care whether you have a little bit of hard skin or not! Please don't worry unless you have a contagious ailment like a veruca.*

Q. **I have an old ankle injury, can I still have a massage?**

A. *Yes, you will just need to inform me before the massage starts and I will make sure to ease the massage around any scarring.*