

What Is Reflexology?

Reflexology is a fascinating science! It consists of a protocol of manual techniques - the act of applying pressure to the feet and/or hands with specific thumb and finger techniques based on a system of zones (or nerve pathways) and areas that reflect an image of the body on the feet and/or hands. Such work promotes positive physiological changes in the body. Reflexology's effectiveness is recognized worldwide as a distinct complementary practice within the holistic health field.

By applying specific pressure to over 7,200 reflex points on each foot and/or hand, a reflexologist stimulates the energy currents within the body, which in turn aids in the normalization of the functioning of all glands, organs, and systems of the body, thereby reducing tension and stress, improving nerve response and blood supply.

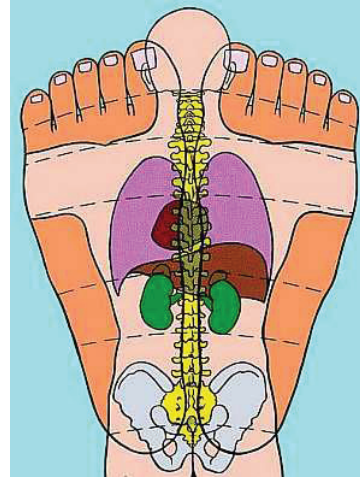
Reflexology can also be performed on the ears and face and is wonderfully therapeutic if suffering from issues/discomforts involving the sinuses, head, and neck, and is most rejuvenating to the complexion, too.

Reflexology Benefits

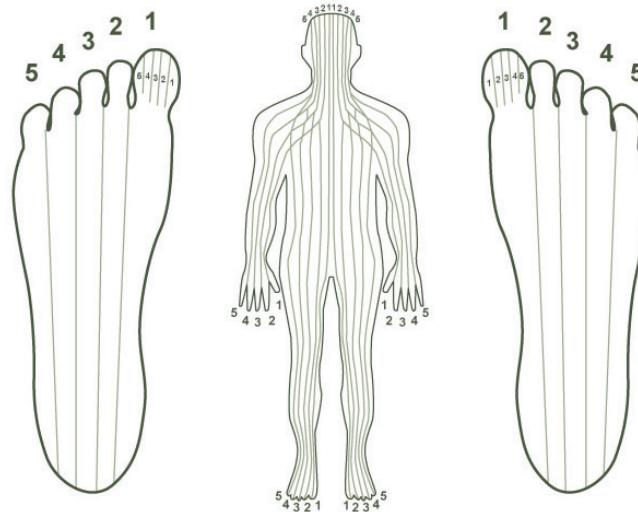
- Reduces body stress/anxiety
- Induces deep relaxation
- Improves circulation
- Revitalizes your energy
- Helps manage pain, naturally
- Aids elimination
- Encourages homeostasis / balance
- Comforts achy hands & feet
- Effective palliative care support during cancer treatments
- Makes you feel great all over!

When Your Feet Feel Good So Do You!

Your Feet Are A Reflection Of Your Body



Your Feet Mirror Your Body



Zones = Nerve Pathways

Reflexologists / Massage Therapists DO NOT diagnose, prescribe, or treat a specific illness. Reflexology / massage are effective complementary therapies for regaining better health, but are not intended to replace the care of your physician or medical provider.

Massage Therapy

Massage therapy is the manipulation of soft tissue (muscles, fat, skin, tendons, ligaments, fascia) for therapeutic purposes. Benefits include: deep relaxation, improved circulation and range of motion, pain relief, increased endorphin levels and metabolism, reduction of anxiety and tension, a sense of calm and renewed energy, improved quality of sleep, accelerated healing from injuries, and a general feeling of simply being more comfortable all over.

You are unique, so my massages are tailored to your individual health situation, needs, and goals. They utilize classic Swedish movements, body mobilization techniques, passive and active-assisted stretches, orthopedic protocols, craniosacral therapy, deep massage, and gentle myofascial work. They may incorporate essential oils, gels, hot/cold packs, steaming hot towels, herbal infused oils, hot stones, and gua sha. Your session can be combined with foot or hand reflexology treatments, if you wish. Sessions range from 60 minutes to 2 hours. *See Treatment Menu.*

Give your body a lot of love. You deserve it!

To make an appointment or for more information call:

(508) 776-3468 cell/text

(830) 201-4148 office

Email: stourles@gmail.com

Office in Marble Falls, TX

BY APPOINTMENT ONLY

Cash, checks & credit cards accepted.



Treatment Menu

• **Foot Reflexology - \$75** The session takes approx. 1 hour, where you will lie on your back on a massage table with only your shoes and socks removed. After a warm foot bath, I pressure point the reflexes and weave in therapeutic massage techniques. Herbal extracts, infused oils, essential oil blends, and Epsom/sea salts are often integrated into your session to enhance the benefits.

• **Hand Reflexology - \$55** Wonderful for achy hands and arms – 45 minutes

• **Foot AND Hand Reflexology - \$110**
Approximately 1.5 hour treatment

• **Face / Ear Reflexology - \$30** (add-on)
Enhances lymph drainage, tones & tightens the face/neck, deepens relaxation, helps relieve head aches/neck tension/sinus congestion. Includes use of herbal oils. May be added to a foot and/or hand session. It's a must-try!

Massage Services

- **60 minutes** - focused massage (focus on a specific body part/issue & adjacent areas – neck, back, shoulders, arms/hands, feet, legs, hips, etc.) - **\$90**
- **1.5 hours** – full body or customized - **\$120**
- **2 hours** – full body or customized - **\$160**

• **Craniosacral Therapy** - 10-Step Protocol
• **60 minutes - \$80**
• **1.5 hours - \$120** For details of this amazing therapy, please see www.stephanietourles.com

• **Nourishing Herbal Facial - \$110**
Totally plant-based and chemical-free. Customized for your skin type. Includes luxurious therapeutic massage of face, neck, chest, ears, and scalp; lymphatic drainage; minor extractions; 2 herbal masks; comforting hand/foot massage. Indulge yourself - your skin and body will thank you!

GIFT CERTIFICATES AVAILABLE

A Footnote from Stephanie

My Reflexology Training was a tremendous learning experience and an eye-opener to holistic health care methods. My studies began in the 1990s with the International Institute of Reflexology and I received my reflexology certification in 2015 from Treat Your Feet – School of Reflexology in Augusta, ME. For nearly four years, I enjoyed a rapidly growing private practice in coastal Blue Hill, ME. Once clients experience the “whole body” benefits of reflexology – they’re hooked! In April 2019, I relocated to Marble Falls, TX to be closer to family and re-establish my reflexology practice.

My Massage Therapy Training was completed in 2021 at The Lauterstein-Conway Massage School & Clinic in Austin, TX (Texas LMT #: MT135673). Massage complements reflexology in an amazing way and I often combine the two modalities during a session.

Additionally, I’m a Licensed Esthetician in MA, ME, and TX (Texas LE #: 1803381), with over 25 years of experience; a certified aromatherapist; have extensive training in the nutritional sciences; and a strong background in Ayurvedic and Western herbalism – being initiated into traditional southeastern U.S. herbalism by my grandfather when I was a young girl growing up in north GA. I’m also a prolific author. Of the 15 books that I’ve written since 1994, most deal with the subjects of herbal skin/body care and topically-applied herbal remedies.

My Bodywork Practice Mission is to provide a safe environment in which you can experience yourself in a peaceful, relaxed state. It is both my hope and intention that the quality of your physical and emotional health is improved through the techniques of professional reflexology, massage, and esthetics, and increased awareness.

For more information about me, my teaching events, authored books, my blog, and to follow me on Facebook and Instagram, please visit my website:

www.stephanietourles.com

Self-care Is Not An Expense. It's An Investment!

MASSAGE THERAPY & REFLEXOLOGY

Your Keys To Better Health



Stephanie Tourles
Certified Foot & Hand Reflexologist
Craniosacral Practitioner
Lic. Massage Therapist
Lic. Esthetician / Herbalist

Professional Member:
Texas Reflexology Association
Reflexology Association of America
ABMP / ASCP

**Never underestimate the healing
POWER of touch!**