

# Tiptoe Foot Care

## Chiropody and Podiatry - Price List

Nail cutting	£25
Routine chiropody	£38
Combined podiatry & 10 minutes reflexology	£48
Initial verruca assessment	£38
Ulcers and redressing	£38
Nail surgery	from £250
Temporary insoles	from £38
Permanent insoles	from £230
Home visits	from £43
15-minute taster session	£15
40-minute reflexology session	£42

Consultation and treatment is by appointment only, and is on a private basis. All fees are payable at the time of consultation.

\*This price list operates for all branches except the Hendon Branch. Please call the Branch for more details.

24 hours notice is required for cancellation of an appointment otherwise a fee may be charged. We operate a 24-hour answering service.

### CONTACT US TODAY TO MAKE AN APPOINTMENT

#### East Barnet Clinic

19 Longmore Avenue,  
East Barnet,  
Herts EN4 8AE

**020 8441 4213**

#### Cockfosters Clinic

23 Station Parade,  
Cockfosters Road,  
Herts EN4 0DW

**020 8440 8442**

#### Palmers Green Clinic

Rochdale Surgery,  
Broomfield Avenue,  
Palmers Green N13 4JJ

**020 8886 3631**

#### Hendon Clinic

Laboratory Spa & Health Club  
1 Hall Lane  
London NW4 4TJ

**020 8201 5500**

[www.tiptoefootcare.com](http://www.tiptoefootcare.com)  
HPC and State Registered Podiatrist

# Your Guide to Reflexology



**Tiptoe**  
**Foot Care**

Your Feet in Our Hands

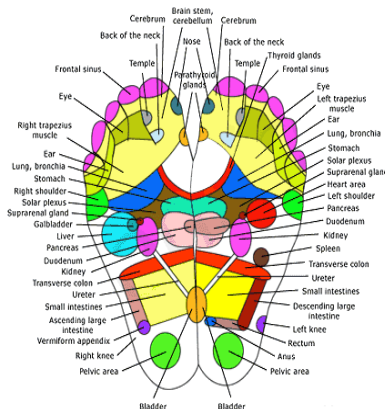
# Your Guide to Reflexology

## What is reflexology?

Reflexology is a therapy that involves applying pressure on the feet or hands. Each reflex point in the foot is connected to an organ and part of the body.

Therapists believe that by working on a particular point they can stimulate energy by a reflex action to a related muscle or organ, therefore encouraging healing. The treatment is relaxing and can help alleviate tension and stress.

The therapy has a cumulative effect and a course of four to six treatments are therefore recommended.



## How does it work?

The main theory is that our bodies are divided into 10 longitudinal reflex zones/ energy pathways running the length of the body.

Energy is constantly running up and down these pathways. If disease or imbalance occurs, these pathways become blocked. Through reflexology these blockages can be cleared, as it will stimulate the organs that relate to that area and attempt to rebalance that area/ organ.

Once your body is in-tune it is sensible to have maintenance treatments.

Four to six treatments are initially needed to rebalance and rectify the imbalances.

## The Benefits of Reflexology

- Release of tension and deep sense of relaxation
- Healthy blood circulation and removal of toxins
- Improved sleep pattern and energy levels
- Strengthened immune system
- Speedier healing process from injury or illness
- Help in correcting hormonal imbalances

## About the Tiptoe Practices

Tiptoe is run by Afni Shah, who graduated from University College London in Podiatry BSc (Hons) and completed her MSc degree at Kings College, London. She has a number of years experience in treating diabetic feet, biomechanics and wound care of the lower leg. She also practices reflexology to provide a more holistic approach to patients' well being and foot health.

