

Reflexology

Reflexology is an extremely relaxing, non-invasive holistic therapy which uses the manipulation of the feet to treat the whole body. It can reduce stress, energise and revitalise the body, promote self healing and is effective in treating many conditions.

The body is notionally divided into ten longitudinal energy zones which travel from the feet to the top of the head. Energy links the organs in each particular zone and if one area is out of balance, the whole zone may be affected. At the base of these zones, reflex areas in the feet correspond to all parts of the body and when pressure is applied, stagnant energy is released encouraging healing and rebalancing the body.

What can I expect?

After the gentle massage and manipulation of your feet, you may feel tired, or conversely, full of energy! Some people experience a 'healing crisis' which means that their symptoms may get worse before they get better. Do not be concerned as it is a sign that the treatment is working and the crisis will soon pass.

Following the treatment, listen to your body. Drink lots of water; avoid alcohol and other stimulants and rest.

We hope to see you soon

Opening Times

Wednesday 8 am to 5 pm

Thursday 10 am to 8 pm

Friday 10 am to 6 pm

Saturday 9 am to 4 pm

Other times by prior arrangement

The Urban Escape offers a range of holistic therapies here in the heart of Norwich giving you the chance to relax, unwind and re-balance.

Established in 2005 by Denise Harrison, a professional with an interest in complementary health care.

The Urban Escape

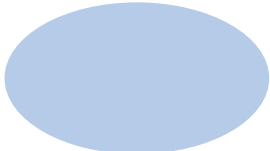
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The Urban **Escape**



Holistic Therapy
Treatments



Escape in the heart of Norwich



Tel: 07930 402254
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The treatments

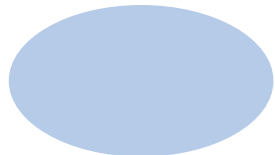
At [The Urban Escape](#) we offer a range of holistic therapies. Each session begins with a confidential consultation in which your medical history, current well-being and treatment expectations will be discussed.

Certain medical conditions may be a contra-indication to treatment or possibly for some conditions, your doctor's written permission may be required prior to treatment. In the event that you are not able to be treated, no charge will be made.

Swedish massage

Massage uses the systematic manual manipulation of the body's soft tissues in order to promote well-being. A regular massage can help both physical and psychological health keeping the muscles healthy, assisting mobility and acting as an antidote to modern day stress.

At [The Urban Escape](#) we offer a lymphatic drainage treatment to boost the removal of toxins and excess fluid from the body. This can be especially beneficial to those suffering from fluid retention and cellulite.



What can I expect?

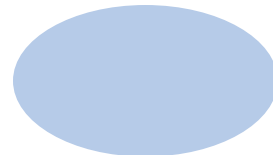
Following the consultation in which muscular tension will also be discussed, you can enjoy a full-body massage. You may find that your muscles are more tender the next day but this will soon pass as the toxins are flushed out of the body.

After the treatment, try to relax as much as possible. Drink lots of water, avoid alcohol and other stimulants and try to rest.

Aromatherapy

Aromatherapy is the therapeutic use of concentrated plant essential oils to relieve stress, aid relaxation, enhance health and promote a sense of well-being. By inhaling the essences and absorbing the plant oils through the skin, the body's natural resistance to stress and illness can be built up.

Here at [The Urban Escape](#), we use soothing massage to apply the essential oils. This is both an effective and enjoyable way of gaining the many benefits of the oils. Each essential oil has distinct therapeutic properties which can improve the body's natural functioning.



What can I expect?

Following the consultation, a unique combination of essential oils will be blended, tailored to your special requirements. A soothing massage incorporating the whole body and face will follow where all you need to do is relax! The treatment will leave you revitalised and rebalanced.

After the treatment, try to relax and do not undertake any strenuous form of exercise or bathe for at least eight hours to allow absorption of the oils. Drink lots of water, follow a light diet, avoid stimulants and try to rest. Some clients will also be specifically instructed to avoid direct sunlight if the oils chosen are photo-toxic.

Your therapist will discuss individual home care advice and prescribe a blend for you to use at home to complement and reinforce the positive effects of the treatment.

