



FOOT REFLEXOLOGY

(Riflessologia Plantare)

Foot Reflexology involves stimulation through pressure on certain points on the foot, which are related to organs and apparatuses, in order to restore the body's energy balance.

The Treatment promotes the release of hormones such as endorphins, stimulates the lymphatic system and circulation, resulting in a rebalancing action.

In addition to being effective for the purification of the body and a rebalancing of the person as a whole, it can be a useful practice in cases such as:

- Gastro intestinal problems
- Headache
- Breathing problems
- Dermatological problems
- Menopause
- Back pain



Riflessologia Plantare

With Marco Praticó (+39 3931757136)

On Wednesday and Thursday

1 hour treatment: 60€

Info and Booking: fao-staff-coop@fao.org

