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RELAX AND ENJOY THE ART OF MASSAGE

From the Guardian Series, first published Monday 29th Jun 1998.

A NEW, fast track method of reflexology is available for GUARDIAN readers to try out free, provided by Tracey Turton, who practises at the Cross Clinic, Lymm, Stockton Heath Medical Centre and Springs Health and Beauty Clinic.

The new method, Advanced Reflexology Techniques or ART for short, has been developed by reflexologist Tony Porter who has 25 years' experience of practising in many countries throughout the world.

Reflexology is treating illnesses through massaging specific points on the feet.

Tracey studied the new method, on a course with Tony.

"ART can produce a powerful response through the body's own healing potential and in many cases, gives quicker, more effective results than conventional reflexology" said Tracey.

"There is a vast difference between the two. ART incorporates the hands and can require much shorter treatment sessions. Most conditions are suited to the treatment, particularly those where the person has been worn down by their problem.

"Examples include long standing joint and muscular pain, headaches, migraines, period problems, insomnia, stress related illness, sinus problems and IBS.

"Reactions so far have been extremely positive. Clients who have received ART treatment have experienced rapid improvements in their health and wellbeing. It is an invigorating treatment which increases the life force within a person and adds zest to their life."

Tracey has been practising clinical reflexology for four years and attends specialist courses regularly.

She does conventional reflexology as well as ART.

Free half hour sessions of ART, each worth £15, are available for the first six readers who apply to the Cross Clinic, Lymm. Telephone Tracey on 01925 757513.

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