

Cherie Boot

Reflexology

Member of the Association of Reflexologists

Hello, I'm Cherie a qualified Reflexologist and member of the Association of Reflexologists.

I'm a great believer in looking at the body as a whole and considering the mind body connection alongside how we can look after our wellbeing through our lifestyle choices.

Since training in Anatomy and Physiology in 2011 I have continued to learn and train in a number of disciplines until reflexology stole my undivided attention and focus. Following my qualification as a reflexologist, continued training has led me to offer treatments focused on menopause support, stress relief and relaxation.

Reflexology is suitable for everyone and can be used for pure relaxation as part of your personal wellbeing or as a personalised treatment plan tailored to your specific needs.

Each initial reflexology session begins with a full consultation allowing me to gain an understanding of which reflexes may need extra care and attention ensuring you get the best from your treatment. I find nothing more satisfying than seeing my clients float out of my treatment room calm and rebalanced.