

Helen Lewis
Reflexology

Meet Helen Lewis, a remarkable practitioner who embarked on her journey in Reflexology back in 1999. Having personally experienced fertility and health challenges, Helen's passion for helping others led her to become one of the leading specialists in women's health in the region. Her commitment to continuous learning and growth has allowed her to integrate her expertise with a renowned team of osteopaths at The Maple Tree since its inception.

This collaboration has granted Helen a unique perspective on the interplay between the body's biomechanical movement and overall well-being, empowering her to achieve optimum results for her patients. As a co-creator of the 'Barefoot Baby Targeted Approach,' Helen offers informative classes that guide parents through the often emotional and overwhelming journey of maximizing their baby's health and well-being.

In addition to her dedication to her clients, Helen actively collaborates with medical professionals to provide support for women's mental and physical health during conception, pregnancy, and postnatal stages. With her wealth of knowledge, Helen strives to make a positive impact on the lives of individuals and families.

When she's not working, Helen cherishes her time spent with her husband, two adult sons, and an assortment of beloved pets. Helen's personal experiences enable her to offer confidential appointments with an empathetic and knowledgeable approach.