

# Aromatherapy foot massage

***Pitch 1: afternoon***

***Therapist: Linda Cockbill***



***Linda will be giving aromatherapy foot massages. She uses essential oils and careful strokes to bring about relaxation and relief from stress and tension. Linda makes and sells her own aromatherapy creams and lotions – ideal for personal use or gifts.***

Linda is a qualified nurse and midwife and trained as a complementary therapist to bring together the different aspects of healing.

She has worked with cancer patients at Mount Vernon hospital, giving relaxing gentle massage on their journey through illness.

She is a qualified Aromatherapist and will be giving therapeutic aromatherapy foot massages.

Massage to the feet is extremely beneficial to the whole body, it releases endorphins in the body, thus relieving pain.

Massage stimulates the release of toxins from the body, giving the immune system a boost.

Gentle, soothing therapeutic acupressure massage helps to release tensions thus relaxing and rebalancing our bodies.

The beautiful aromatherapy oils used are physically, mentally, emotionally and spiritually therapeutic.

She has some of her carefully blended products for sale today.

These will include aromatherapy shower gels, bubble baths, foot soaks, creams and lotions.