

Reflexology



Reflexology is a holistic treatment based on the principle that there are areas and points on the feet, hands, and ears that map via the nervous system to corresponding parts of the body.

About this Activity

When pressure is applied to these areas and points it stimulates the movement of energy along the nerve channels and helps to restore homeostasis (balance) in the whole body.

- All treatments must be booked and paid for in advance.
- A person is only allowed one session every month.
- Bookings are only taken for forthcoming four weeks.

Accessibility Information

- 2 Shelburne Road, Islington, London N7 6DL Stress Project Therapy centre is a corner building and the front door is in Annette Road access 2nd floor – 34 steps; 3rd floor – 51 steps ground floor with partial wheelchair adaptation Tubes Holloway Road, Finsbury Park, Highbury & Islington Trains Drayton Park, Finsbury Park, Highbury & Islington Buses 17, 29, 43, 91, 153, 253, 254, 271, 393 Parking restricted Monday to Friday 8.30am-6.30pm & Saturday 8.30am-1.30pm. (additional restrictions when Arsenal are playing a home match: Monday to Friday 6.30pm-8.30pm, Saturday 1.30pm-4.30pm, Sundays and Bank holidays noon-4.30pm. see www.arsenal.com). One hour free parking on Holloway Road

 Date

Every Thursday

**Thu,
2nd Nov
2023**

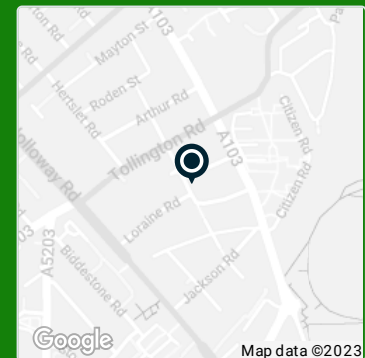
 11:00am - 1:00pm

 Price

£20

 In-Person

**Stress Project Therapy
Centre
2 Shelburne Road,
London
N7 6DL**



in bays Two hour free parking in Waitrose car park for customers Two hour pay and display parking bays on Lorraine Road and Hornsey Road All day pay parking at Sobell Centre, entrance on Hornsey Road opposite Arthur Road

