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HEALTH & WELLNESS



Healthy Energy with Margo
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July 16th 2018: The Magic of Reflexology

Margo is joined this week by Shirley Gibbins as they explore the magic of Reflexology. Reflexology is very deeply relaxing for the body which in turn helps to bring the body back into its natural balanced state. Come and discover what reflexology is and how it might benefit you. There are various techniques and ways to work the feet and hands and we will be sharing some tips on how to work on yourself. Shirley will also be sharing how she incorporates essential oils into her reflexology session.



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Featured Guest



Shirley Gibbins

After taking a 2 yr course as an Esthetician in the UK Shirley worked in spas in Sheffield and London for 9yrs. A love of travel then took her on a 2 yr break to work and explore Greece and Turkey. Back in Manchester she worked for all the top cosmetic houses in the city's major department stores. A chance meeting changed her career path and she became a Flight Attendant. For the next 17yrs her work took her all around the world.

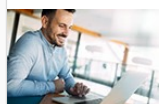
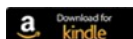
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