

# Pretty Woman



## Fitness & Weight Loss Centre

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### Services



#### Reflexology

Reflexology is a natural healing art based on the principle that there are reflexes in the feet (also on hands and ears) which correspond to all organs and systems of the body. When pressure is applied to the reflex points in the feet it helps to relieve tension in different areas of the body, increase circulation and promotes relaxation to the whole body. It can often help with many chronic aches and pains and may also help you to sleep better.

**Pretty Woman Fitness offers a reflexology sessions by appointment only.**

#### Manicures & Pedicures



### Monthly Health & Wellness Workshops

*Subjects Cover the following:*

Diet

Nutrition & Wellness

Cancer Prevention & Treatment

Nurses

Bra Fitting

Detoxifying