



CHRISTO A. SCHEEPERS

THERAPEUTIC REFLEXOLOGIST
DIP.T.R.(CUM LAUDE) (IARAMT)
M.B.A., PH.D. CANDIDATE
AHPCSA: A11945
PR. NO.: 0737453

*Touching Lives through
Touching Feet since 2003*

PRACTICE DETAILS

Tel.: 072-800 7243

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www.christoscheepers.co.za

Address: Suite 25B, Second Floor,
The Bridge, 304 Durban Road,
Tygervally (Cape Town), 7530

COST

Medical Aid Rates Apply!

FULL RANGE OF SERVICES

Manual Reflexology – Foot, Hand, Face, Ear, Body, & Lymph Drainage

Vacuflex Electronic Reflexology – Vacuum Boot, & Vacuum Cupping

Supportive Therapies – Bodywork

Corporate Reflexology - Employee Wellness Programmes, Functions, Retreats, & Wellness Days

THERAPEUTIC REFLEXOLOGY

Therapeutic Reflexology is a non-invasive physical healthcare therapy stimulating the nerve endings (reflexes) on the feet, and sometimes other body parts like the hands, face and ears, to improve circulation and restore homeostasis (balance) in an attempt to enhance wellbeing.

LEGISLATION

The Allied Health Professions Council of South Africa (AHPCSA) is a statutory council formally regulating the profession of Therapeutic Reflexology in accordance with the Allied Health Professions Act, Act 63 of 1982, alongside other professions like chiropractic and homeopathy.

REASONS FOR THERAPEUTIC REFLEXOLOGY

Stress Management by providing the ultimate form of relaxation while improving quality of life by offering *therapeutic support* (not replacing medical or psychological care) for the following:

- ◆ Aches and Pains
- ◆ Anxiety, Anxiousness, and Fear
- ◆ Cancer
- ◆ Chronic Fatigue
- ◆ Emotional Turmoil or Imbalance
- ◆ Endometriosis
- ◆ Infertility, IVF, Pregnancy & Childbirth
- ◆ Menstrual and Menopause Cycle
- ◆ Idiopathic Conditions
- ◆ Psychosomatic Conditions
- ◆ Neuropathy
- ◆ Pain Management
- ◆ Stress Management
- ◆ Relaxation Induction
- ◆ Sexual Health & Wellness
- ◆ Trauma

THERAPEUTIC REFLEXOLOGY FACTS

- Reflexology does not cure or heal a specific condition, but assists the body in functioning optimally and stimulates its own innate healing abilities.
- Reflexology does not replace medical or psychological care, but complements it as therapists, and thus do not diagnose or claim to heal.
- Therapeutic Reflexology is more than a foot massage, but may include foot massage techniques as it is a relaxing therapy not intended to cause pain.

THE THERAPEUTIC REFLEXOLOGY PRACTICE

Christo Scheepers Therapeutic Reflexologist has a **General Family Practice** (child health, men's health, teenager health, and women's health) offering the full range of reflexology services to the entire family but **specialises** in foot reflexology with a **special interest** in women's health.

