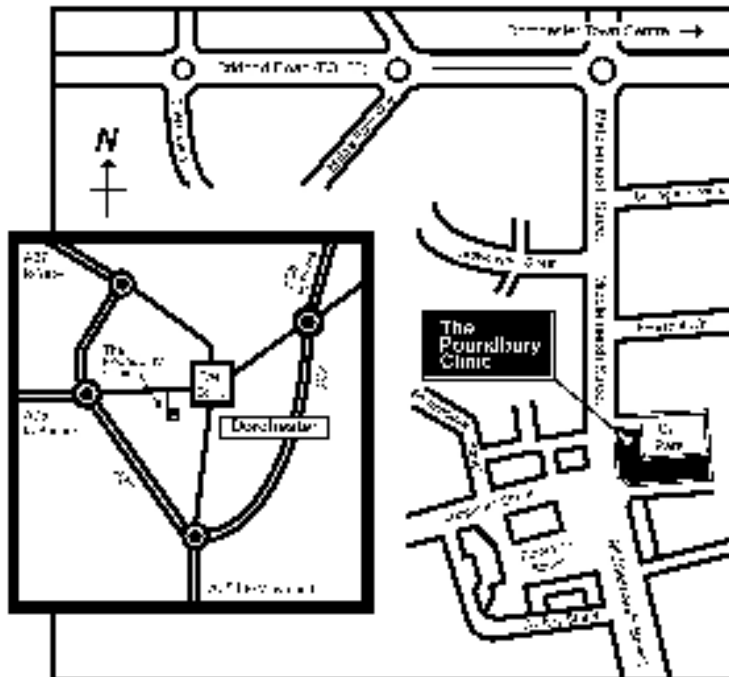


# REFLEXOLOGY AND MASSAGE

**Clinic opening hours:**  
Monday - Friday: 8.30am to 5.30pm

**Practitioner: Jane Zoega LSSM (dip) MSMA, MDYTA**

Where to find us:



The clinic offers full wheelchair access and car parking at the rear of the building.

Middlemarsh Street, Poundbury, Dorchester, DT1 3FD  
Tel: 01305 262626 Fax: 01305 262641  
Email: [info@thepoundburyclinic.co.uk](mailto:info@thepoundburyclinic.co.uk)  
Website: [www.thepoundburyclinic.co.uk](http://www.thepoundburyclinic.co.uk)



The Poundbury Clinic



## Reflexology

Reflexology is a gentle, non-invasive therapy which uses stimulation and massage of reflex points in the feet to pick up imbalances or energy blocks within the body. Removing these blocks can restore optimum health and well-being.

Reflexology is a relaxing holistic therapy which promotes a state of balance within the whole body. Reflexology can benefit a wide range of complaints including: Migraines, Depression, Insomnia, Hormonal imbalances, Fertility problems and all Stress related complaints.

## Sports & Remedial Massage

Massage has enormous benefits both physiologically and psychologically. Holistic massage can be soothing and comforting yet powerful, promoting relaxation, strengthening the immune system, improving circulation and relaxing both body and mind.

Sports massage is a name given to a type of massage which specialises in enhancing sports performance, injury prevention and most importantly in the speedy recovery of muscular strain and injury.

Remedial massage techniques and postural assessments can detect and correct muscular imbalances in soft tissue in order to quickly and effectively treat current and possible future musculo-skeletal problems. Sports and remedial massage is not only for sports people but can benefit anyone who suffers from musculo-skeletal problems. Most people involved with repetitive activities, either from an occupational or sporting point of view will at some point develop muscular tension or soft tissue damage. Massage is a natural therapy with has successfully treated musculo-skeletal problems for thousands of years and is recognized as an important part of an integrated approach to modern healthcare.

## Daoyin Tao

Daoyin Tao is Chinese Head, Neck and Shoulder Massage based on the principles of Traditional Chinese Medicine, looking at the body as a whole and disease as disharmony within the body. By working the meridians and acupoints, whilst using soothing massage techniques in

order to relax, energy channels are rebalanced and the body is able to heal itself.

Daoyin Tao has been found to be particularly beneficial in the treatment of tension headaches, migraines, tinnitus, sinusitis, insomnia, neck and shoulder pain as well as relieving physical and emotional stress.

**Fees:** £35 for 1 hour  
£22 for 30 minutes

**Clinics:** Wednesday 8.30 - 5.00pm  
Thursday 8.30 - 12.30

## Jane Zoega, LSSM (dip), MSMA, MDYTA

Completed a Reflexology course at the Thai Massage School in Chiang Mai, Thailand in 2002 and completed her UK training in 2003 with ITEC (The International Therapy Examination Council). An Advanced Reflexology Diploma in Women's Health was completed in 2003. In early 2004, Jane qualified as a Daoyin Tao practitioner and a Holistic Massage Therapist. She has since completed a BTEC in Sports and Remedial Massage at The London School of Sports Massage and is registered with the London School of Sports Massage. Jane is a member of and insured by The Sports Massage Association (SMA).

For more information on the therapies the following websites may be of interest:

[www.daoyintao.co.uk](http://www.daoyintao.co.uk)  
[www.thesma.org](http://www.thesma.org)

Sept 08