



# Heal and Sole Holistics

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[www.healandsole.co.uk](http://www.healandsole.co.uk)

## *Pain from Sciatica?*



*Reflexology or  
Vertical Reflex Therapy  
could help you.*

*Book now and save £5 during May*

**One Hour Treatment £35**

1st appointment includes a free consultation

Specialising in Reflexology, Reiki and Indian Head Massage