

Reproductive Reflexology

If you are struggling to conceive naturally or are starting Clomid, IUI or IVF/ICSI, Reproflexology is a specific form of Reflexology which can be used to re-balance and stimulate your body's natural endocrine system for both women and men.

For women specifically it may help to regulate your menstrual cycle, stimulate ovulation, prepare your uterus for egg implantation and increase progesterone levels to help prevent miscarriage. If you have heavy periods, no periods, struggle with endometriosis, PCOS (polycystic ovaries), Fibroids, or any other gynaecological issue, Reproflexology can work to relieve the symptoms of these, and help to re-regulate your cycle.

For men it may assist with your sperm DNA and increase your sperm count and motility. If you suffer with low testosterone, prostatitis, have had a vasectomy reversal or had testicular cancer, Reproflexology may help to stimulate your reproductive organs to work more optimally.

IT IS ADVISABLE TO CONTACT RACHEL THREE MONTHS BEFORE EMBARKING ON FERTILITY TREATMENT

How often should I have a treatment?

For natural fertility it is recommended that women have a session every week for at least 4-6 weeks, and then for as long as you wish/need. For men it is recommended that you have a session fortnightly at least 8 times. If you are commencing fertility treatment it is advisable to start Reproflexology treatments 2-3 months before your treatment starts. Reproflexology supports IUI and IVF/ICSI at every stage of the treatment up until the 12th week of pregnancy.

What does it cost?

An initial consultation costs £75 per person and all follow up treatments cost £40.

You will be required to complete a client questionnaire before attending your first session and it could last up to 2 hours. You may attend this as a couple, and it will cost £150. Follow up sessions last 1 hour and cost £40 per person. You do not need to attend these together.

Diet, Lifestyle and Supplement advice specific to fertility is provided complimentary as part of your initial session.

Homework!

As part of the Reproflexology treatments Rachel will give you "homework" so that you can manipulate the reflex points relating to your reproductive organs on your own hands. This applies to men and women. Rachel will also encourage you to take your temperature (women only) and monitor this using a Fertility App.

For Women

Rebalancing your hormones and where appropriate stimulating your reflex points at key points of your menstrual cycle

Inducing a deep relaxation to reduce your stress levels at every stage of your menstrual cycle

Encourage an elimination of toxins so that your body is as clean as possible to grow a baby

Nutrition & Lifestyle advice

For Men

Rebalancing your hormones and hopefully stimulating an increase in numbers of sperm, motility and health

Inducing a deep relaxation to reduce your stress levels. Stress can hugely affect infertility.

Encourage an elimination of toxins so that your sperm are as healthy as they possibly can be

Nutrition and Lifestyle advice

**To book an initial consultation please contact Rachel Hill Reflexology by Phone or message
07795 511196 Or email rachel@rachelhillreflexology.co.uk**