

portrait

Sole Searching

Part reflexologist, part life coach and full-time healer Laura Norman gives us the secret to stress-free success.

BY JENNIFER MATH
PHOTOGRAPHY BY GINA FONTANA

On the second floor of Paradise Salon, Spa & Café in Delray Beach is a small, modest room with a massage table at the center. But unlike other standard treatment rooms, where the relaxation ends once the massage is over, this is a sanctuary where lives are transformed and patients are given the tools to deal with stress beyond its four walls.

What makes it so unique is its owner, Laura Norman, a reflexology pioneer who blends her healing hands with life coaching exercises to help patients let go of negativity and embrace the power of positive thinking. “I was always very interested in healing work physically and was also very holistically oriented,” says Norman, 59, who has three master’s degrees in education, but always found herself taking extra-curricular classes in healing, body work and consciousness. “I realized there’s a mind/body connection and everything is interconnected physically, mentally, emotionally and spiritually.”

The Long Island, N.Y., native began her career in the early '70s working with special-needs children, helping them focus by using the novel reflexology techniques she had learned outside of college. “The team I worked with said, ‘You should bring this out to the world,’ so I started with whoever would let me,” says Norman, who moved to Delray Beach in 2002 to be closer to her nearly 90-year-old mother, and now splits her time between South Florida and Manhattan. “I went from one or two people a week to five or six a day, and then left [school] and started doing this full time.” Now, with two practices, three reflexology schools, a celebrity client list (including Regis Philbin), a best-selling book (*Feet First: A Guide to Foot Reflexology*) and a new hand-, foot- and face-product line launching this year, Norman is considered one of the foremost reflexologists in the world and has been a spokesperson for such companies as Johnson & Johnson, Aveeno, Dr. Scholl’s and more.

But beyond reflexology, Norman’s true passion is helping patients realize their goals using positive thinking techniques, which she implements in the Inspired Life Coaching portion of her practice. “I feel very strongly that our thoughts and our words contribute to everything,” says the inviting and approachable healing guru. “So what I do is I remind people to practice thinking and speaking affirmatively, and it will transform your life. Then, after we talk, you lay down on the table and everything gets integrated.”

Norman certainly practices what she preaches, never missing her twice-daily yoga and meditation ritual, and following the ancient Hawaiian Ho’oponopono philosophy of love, forgiveness and gratitude to relieve any stressful situations that may arise, particularly dealing with her aging mother.

And although Norman has no children of her own, in her mind, she has thousands. “My clients and my students are my children,” she says. And like a mother who would do anything for her kids, Norman’s greatest satisfaction and inspiration comes from supporting others. “I love to make a difference in people’s lives,” she says. “And I’m always striving to be the best I can be to help others be the best they can be.”

