

The Benefits of Laura Norman ReflexologySM

With regular Laura Norman ReflexologySM sessions, clients report experiencing relief from the following:

- ✓ Allergies
- ✓ Fatigue
 - ✓ Headaches
 - ✓ Back/Neck Pain
 - ✓ Poor Circulation
 - ✓ PMS & Menopause
 - ✓ Digestive Problems
 - ✓ Discomfort During Pregnancy
 - ✓ And Other Chronic Conditions

People of all backgrounds, interests and ages can benefit from Reflexology.

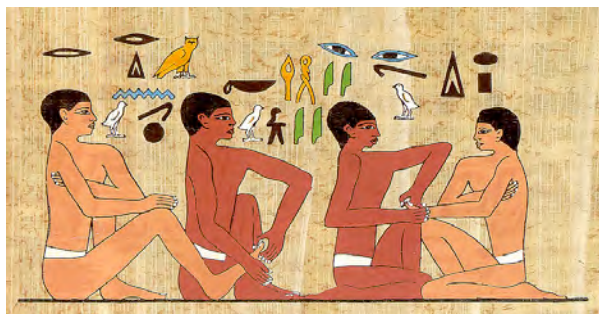
- Babies and Children
- Students
- Teens and Adults
- Seniors
- Business Professionals
- Artists
- Athletes
- People Recovering from Addiction
- Terminally Ill
- People Managing their Weight

"Wow! A total healing experience for the whole person! Laura's touch will alter your life in a profound way!"
– **Bernie Siegel**, M.D., author of **Love, Medicine and Miracles**

The benefits of Laura Norman ReflexologySM are limitless and are unique for each person. Laura Norman ReflexologySM can...

- ♥ Reduce Physical, Mental & Emotional Stress
- ♥ Relieve Pain
- ♥ Increase Energy and Productivity
- ♥ Assist Weight Management
- ♥ Aid in Overcoming Addictions
- ♥ Enhance Creativity
- ♥ Improve Circulation
- ♥ Detoxify Impurities
- ♥ Improve Overall Health & Well-being
- ♥ Connect to Your Greatness!

"I am convinced of the value of Reflexology because of my patients' reports of their beneficial results from this powerful yet gentle healing art." – **William L. Bergman**, M.D.



Ancient use of Reflexology- from The Physician's Tomb ca. 2,300 B.C.



Laura Norman Wellness Center
41 Park Avenue, Suite 8A
New York, NY 10016

Laura Norman Wellness Center

Reflexology Sessions
Inspired Life CoachingSM
Reflexology Training
Nutritional Cleansing



Photo Credit: © 2002 Daniel Quat

Relax • Relieve • Revitalize!



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"Wow! A total healing experience for the whole person! It will alter your life in a profound way!" – **Bernie Siegel**, M.D., author of **Love, Medicine and Miracles**

"Laura Norman's Reflexology spared me a kidney stone operation and saved my life. What she does is the second best thing in the world!" – **Regis Philbin**

About Laura Norman



"I developed the Laura Norman Method of ReflexologySM to support each client holistically. My Method combines Reflexology with Inspired Life CoachingSM to empower my clients

to improve their health, trust their inspirations and realize their dreams."

Laura Norman, author of the best-selling book **Feet First: A Guide to Foot Reflexology** and considered the foremost authority on Reflexology, is also a licensed massage therapist and Inspired Life CoachSM. Laura long ago recognized the profound therapeutic effects of Reflexology, created the Laura Norman Method of ReflexologySM and established **The Laura Norman Wellness Center**. Today we offer private sessions, products, and the most comprehensive training programs in the United States.

Laura has introduced millions of people to the benefits of Reflexology, and has certified thousands of Reflexologists to practice the Laura NormanSM Method.

Laura Norman is a frequent guest on national television and radio shows such as *Good Morning America*, is often featured in major national publications including *The New York Times*, *SELF*, *Vogue*, and is a sought after speaker.

Ask about our new, all-natural Nutritional Cleansing Program and visit us at www.HealthandWellnessforLife.com

Reflexology Facts

What is Reflexology?

Reflexology is an ancient holistic healing technique used today throughout the world to accelerate the body's own healing ability, encourage relaxation and rejuvenate the entire system. Results are achieved by applying pressure to specific reflex areas on the feet and hands that correspond to all of the organs, glands and other parts of the body. This creates an immediate and positive response within the body.

How does Reflexology work?

Reflexology involves the gentle and skillful stimulation of the nervous, vascular and lymphatic systems, as well as the subtle energy currents within the body. As a result, your body is empowered to cleanse itself of impurities, restore balance and promote a general sense of wellness.

Why the Laura NormanSM Method is Unique:

The Laura Norman Method of ReflexologySM empowers your whole being—physically, mentally, emotionally and spiritually—to rejuvenate, strengthen and facilitate healing. Developed by world-renowned expert Reflexologist Laura Norman, her method takes the ancient practice of Reflexology beyond a healing art into a higher state of wellness through techniques such as visualization, Affirmative Language, positive thinking, presence of mind and spirit. Laura's relaxing therapeutic approach can assist you to focus your intentions to achieve your important goals.

Reflexology Training

Many of our clients have expressed interest in learning The Laura Norman Method of ReflexologySM.

Reflexology is a nurturing experience to share with friends and loved ones, and a path to a new and expanded career!

Laura Norman Wellness Center offers a variety of Reflexology classes for newcomers, health practitioners, and aspiring Professional Reflexologists. Fun and informative hands-on Introductory Workshops to Four-Level Certification and Post-Graduate Programs are available.

Students learn, through "hands-on" experience, Laura Norman's unique method of Reflexology, practiced throughout the world today, based on Laura's thirty-five+ years of experience and research including:

- Relaxation techniques
- Location of reflex points/areas
- Complete session protocol
- Principles of Reflexology

All classes are taught by Laura NormanSM Certified instructors to help you understand and practice the Art of Reflexology and to explore the many benefits of the Science.

Join us on the journey to a more balanced body, mind and spirit. Discover the benefits of Reflexology. Transform your life and everyone you touch.

For more information on the Laura Norman Method of ReflexologySM and our Training Programs, visit our web site at www.lauranorman.com and call **212.532.4404**

Private Sessions

Laura Norman Wellness Center offers private Reflexology and Inspired Life CoachingSM sessions to help you restore the balance within and to promote a healthy, happy, miraculous life.

In-Office Sessions Price List

All session times include 15-minute consultation, Aromatherapy, rest and/or our Chi machine

60-min with Laura Norman	\$200
90-min with Laura Norman	\$275
2-hour with Laura Norman	\$350
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60-min with an Associate	\$100
90-min with an Associate	\$150
2-hour with an Associate	\$200

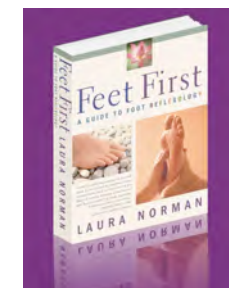
Save up to \$250 with advance payment for a series of ten sessions.

Sessions available 7 days a week by appointment only.

Out-of-Office Sessions

We are happy to accommodate you by offering sessions in your home, office, hospital or hotel room.

Please add \$100 to the fees listed above for the first hour. A savings is offered when two or more people schedule sessions at the same location.



Look for Laura's book, Laura Norman ReflexologySM DVD's and foot-shaped pillows with Laura's Reflexology map at

WWW.LAURANORMAN.COM