

Relax, You Can Lose Weight... Through Your Feet!



I first saw Laura Norman on Regis Philbin's morning talk show when Regis was raving about how Laura saved his life and helped him pass a kidney stone. Over the years I came across many magazine and newspaper articles, TV and radio shows featuring Laura Norman, educator, nationally certified reflexologist, massage therapist, esthetician and author of the best-selling book, *Feet First: A Guide to Foot Reflexology*.

I have been struggling with weight issues and menopause. I had tried just about everything that traditional medicine had to offer, without success. It was time to consider a natural, holistic approach. So I called Laura Norman Wellness Studios at Paradise Spa in Delray Beach. I booked the first available appointment and headed to Paradise.

Laura greeted me warmly and made me feel right at home. I was intrigued by the tranquil fountains emitting a gentle cloud of diffused aromatherapy, an amazing portable machine called The Chi Vitalizer which gets the energy flowing from head to toe, and a revolutionary, new technology for healthy skin care.

Within this beautiful, serene setting Laura and her staff offer a host of wellness services including Laura Norman Reflexology and Stress Management, Thai yoga, Hawaiian and Swedish massage, skincare, private yoga sessions, nutritional counseling, and life coaching (Laura will be leading Women's Wellness Circles and Law of Attraction

classes at her Wellness Studios beginning in February 2006.) Gift certificates are also available for all of her wonderful products and services, which can take a lot of stress out of shopping.

After suggesting I get clear on my intentions for the session, Laura asked me to lie down on a cushy, comfortable massage table. As she worked, I felt sensations throughout my body. I was in a deep calm though I wasn't meditating and I wasn't asleep. I felt like I had reached a new level of consciousness that transcended anything I had ever experienced before. I was relaxed, clear, and filled with positive, creative energy.

I strongly urge you to give yourself and those you care about this gift. I now see Laura weekly and I've lost 35 pounds over the last six months. My menopause symptoms have also diminished. I feel healthier and happier than ever before – and you can, too. As Regis Philbin says about Laura's work, "What Laura Norman does is the second best thing in the world!"

For me it is the first.

To find out more about any of Laura Norman's supportive and progressive services, Laura Norman Reflexology classes, Women's Wellness Circles, and Laura Norman's Gifts of Wellness, call 561-272-1220, visit Laura and her Associates at Paradise Spa, 140 NE 2nd Avenue in Delray Beach, and visit her web site at www.800feetfirst.com