



When you choose your story angle/s, please call to schedule your interview and complimentary Reflexology session with Laura Norman at 212.532.4404(NYC) | 561.272.1220(Fla). Experience the joy for yourself!

Story Angles for Laura Norman ReflexologySM

About Laura Norman

Laura Norman, BS, MS, is a Nationally Certified Reflexologist, a New York State and Nationally Licensed Massage Therapist and Esthetician (skincare specialist). Laura discovered the powerful effects of Reflexology in the early 1970s through her work with multiply handicapped and emotionally disturbed children at the Maimonides Institute in New York. Reflexology reduced the children's stress levels and increased their attention spans. Improvements in their physical functioning and learning abilities soon followed. For over 35 years, she has pursued her mission of making the science of Reflexology understood, appreciated and available worldwide.

Laura Norman works with more than the feet, hands and ears. Laura is also a Life Coach who works holistically with each person – physically, mentally, emotionally and spiritually. Laura combines her method of Reflexology with many modalities, including affirmative thinking/speaking, visualization/ imagery, color therapy, music therapy and aromatherapy, to inspire clients to achieve their personal and professional goals.

Her list of accomplishments include her national best-selling book, **Feet First: A Guide to Foot Reflexology** (Fireside, Simon & Schuster), countless national television and radio appearances, a long list of press coverage in major national and international newspapers and magazines, educational offerings such as introductory and certification level Reflexology training programs, Reflexology charted pillows and instructional DVDs and CDs. Laura also offers a menu of professional skincare treatments and massage services at her Wellness Centers in New York City and Delray Beach, Florida.

For a full bio on Laura Norman, please call 212.532.4404(NYC) | 561.272.1220(Fla) or send an email to pr@lauranorman.com.

Laura Norman ReflexologySM and Cosmetic Procedures **NEW!**

Laura Norman and her team of associates are now introducing Reflexology Services in the offices of plastic surgeons, dentists and for people recovering at home, hospitals or hotels. The reflexology treatment helps to reduce anxiety before and during a procedure as well as facilitate healing and wellness afterwards. Patients can enjoy the benefits of reflexology while having their teeth whitened, after Botox, liposuction, breast or facial surgery etc.

Laura Norman ReflexologySM and Better Health

There are reflex areas in the feet that correspond to every organ, gland and part of the body. There are also nearly 15,000 nerves in the feet that innervate and soothe nerves throughout the body. Stimulating the pressure points will strengthen the nervous system thereby strengthening the immune system and circulatory system as well as the other systems in the body.



Story Angles for Laura Norman ReflexologySM (continued)

Laura Norman ReflexologySM and Beauty

Reflexology can help promote the health and beauty of the skin by improving circulation and helping to clear up breakouts and stress-related skin eruptions. Reflexology can also serve as a preventative measure for the skin by helping the face and neck muscles relax, thus preventing the aging and wrinkling of skin. Finally, Reflexology stimulates the glands and balances the hormones, promoting youthful glowing skin.

Laura Norman ReflexologySM and Conception

Reflexology can improve the ability to conceive by decreasing stress in a woman's body and helping to balance the endocrine glands. In addition, Reflexology is a healthy way to restore vitality, balance and energy—all of which may help the body achieve optimal ability to conceive.

Laura Norman ReflexologySM and Pregnancy

Laura works extensively with women from conception through labor and delivery. She also trains midwives and Doulas in Laura NormanSM Reflexology to expand their nurturing services for mother, father and baby. Pregnancy causes a number of physiological, chemical, hormonal and emotional changes in a woman's body. A result of these changes is increased mental and physical stress over time as the woman's body and emotions progress during her pregnancy. Reflexology works on multiple levels to help a woman calm her emotions, regain focus, and alleviate physical discomforts such as back pain, headaches, digestive problems/nausea, cramping, and edema. Her balance can be restored as the body, mind and spirit are united through Reflexology, leaving her feeling stronger and more in control over the changes within.

Laura Norman ReflexologySM, Mothers and Children

Reflexology is a safe and effective way to help children and colicky babies calm down and fall asleep more easily by gently rubbing of the feet. In addition, Reflexology is successful in reducing and even eliminating fever, relieving a tummy ache, or rejuvenating a child who is feeling nauseous or faint.

Mothers can also benefit by treating themselves to a Reflexology session because it is a refreshing way to pamper herself after the endless hours of caring for others—Reflexology promotes the release of toxins and improves circulation and is a great way to decompress, relax and recharge in preparation for the endless energy required from a mother!

Laura Norman ReflexologySM in the Working World

One of the major causes of stress in today's society is work—office relationships, workload, level of difficulty on the job, deadlines, budgets and more! Reflexology is a great way to help alleviate daily stress and tension, thus reducing the risks of heart attacks, ulcers and other common stress-induced conditions. Even one session can leave you feeling more focused, energized and productive and, as a result, improve productivity, time management and office relationships.

(Note: Laura Norman Wellness Centers offer executive packages and in-office treatments.)

Laura Norman ReflexologySM and Weight Management

Reflexology can dramatically affect weight issues by helping to regulate glandular and chemical imbalances that may contribute to weight gain or difficulty in losing excess weight. In addition, Reflexology may help curb overeating tendencies because it will help reduce stress levels and balance the emotions, both of which are common causes of overeating. Reflexology will also increase energy levels, thereby inspiring more activity and thereby contributing to weight loss. People trying to gain weight may also benefit from Reflexology because it helps to balance an overactive thyroid.



Story Angles for Laura Norman ReflexologySM (continued)

Laura NormanSM Reflexology and Sports

Athletes, although considered healthier than the average person, often push their bodies above and beyond comfortable limitations. As a result of taxing their bodies, athletes may experience chronic conditions or injuries such as running-related knee injuries or Tendinitis in the joints. Reflexology can help alleviate symptoms of such conditions, meanwhile helping to strengthen the body by flushing toxins, improving circulation and restoring inner-balance.

Laura Norman ReflexologySM and Teens

As children progress into adolescence, many changes occur within the body—physically, chemically and emotionally. As a result, mood swings might become more common and even more dramatic. Reflexology can help teens relax, therefore better control their emotions, as well as help them regain a sense of focus, resulting in improved study habits and calmed nerves. In addition, Reflexology improves circulation, which helps clear acne and other conditions on the skin. It has also been reported to alleviate menstrual cramps and other symptoms associated with a girl's period. At minimum, Reflexology is a great "escape" for teens to help them relax, feel pampered and have some time for themselves, away from academic and social pressures!

Laura Norman ReflexologySM and Couples

Couples find that Reflexology creates a special time for intimacy. It provides lovers with a new channel of communication and caring through the power of touch. Besides enhancing the well-being and health of a loved one by reducing stress and improving focus, Reflexology can become a bonding activity that couples look forward to as a time of shared relaxation and fun.

Laura Norman ReflexologySM and Seniors

Reflexology is great for seniors because it repairs health and restores energy, helping seniors feel more alert, alive and active. Reflexology also reduces the hardening of the arteries and poor kidney function. It improves circulation to all of the organs and glands, including the brain, helping to enhance memory retention. In addition, Reflexology helps relieve the discomforts associated with arthritis, helps alleviate stiffness in joints, and relaxes muscles throughout the body—leaving seniors with overall feelings of wellness and vitality.

Laura Norman ReflexologySM and Creativity

Reflexology is a great way to enhance creativity because it clears the mind, eliminates stress, improves productivity and promotes the natural flow of ideas by unlocking blocked energy channels. A few Reflexology sessions can help you overcome "creative block," restore a balance and unleash your creative energy.

Laura Norman ReflexologySM and Foot Problems

Common foot conditions and foot problems are often significantly reduced with Reflexology. It helps alleviate foot ailments by improving circulation and it is a totally relaxing experience for tired feet or feet that have had to suffer in uncomfortable shoes all day!

Laura Norman ReflexologySM and Starting a New Career in Alternative Health

Reflexologists are in demand. More than one third of Americans are turning to alternative health and Reflexology is at the forefront. Laura Norman offers the most comprehensive training to certify Reflexologists. The Laura Norman ReflexologySM Certification Training Program attracts people from all walks of life who are committed to being a facilitator for wellness. They are prepared to enjoy a rewarding career in a doctor's office, spa, salon, hotel, hospital, corporation, or out of their own home or their client's home.