

MARIE-FRANCE BEWLEY

MA (Hons) ITEC, MIIR, MIFPA, MLD (UK)



➤ Reflexology

- Advanced Reflexology Technique
- Vertical Reflex Therapy

➤ Dr Vodder Manual Lymphatic Drainage



➤ Holistic Massage

➤ Clinical & Holistic Aromatherapy



Abingdon Practice

✉ 160 Oxford Road
Abingdon
OXON
OX14 2AF

☎ 01235 555932

Summertown Clinic

✉ 362 Banbury Road
Oxford
Oxfordshire
OX2 7PP

☎ 01865 558561

Marie-France Bewley's Qualifications Interests, and Achievements



Marie-France feels very privileged to have been training for over twenty years with the pioneers of her chosen therapies: Professor Hildegard Wittlinger of the Dr Vodder Clinic in Austria for MLD; Clare Maxwell-Hudson, London, and Dr Gitananda of Pondicherry, India, for massage; Professor Arnould-Taylor for aromatherapy; Dwight Byers of St Petersburg, Florida, for classical reflexology; Anthony Porter for Advanced Reflexology Techniques (ART); Lynn Booth for Vertical Reflex Therapy (VRT), and Ruth Coopee for Dr Kase Kinesio Taping for Oedema.

All the therapeutic seeds were planted in Marie-France when at fifteen she suffered from anorexia, and received the French orthodox treatment. Now that she has healed herself completely, and has learned so much in the process, she is very keen to help her patients help themselves through breathing, exercises, diet, her unique aromatherapeutic preparations and simple vertical reflexology on hands. The common factor of all the therapies is that they help the body heal itself, balance the mind, and heal the emotions at all stages of life.

By combining different therapies, Marie-France can help to achieve results more quickly than with individual therapies.

↻ **Consultation Times**

Monday	9.00am - 6pm	7pm - 9 pm
Tuesday	9.00am - 6pm	7pm - 9 pm
Wednesday	9.00am - 7pm	
Thursday	Summertown Clinic	
Friday	9.00am - 7pm	

All treatments last 1 hour

Please note, cancellations must be made 24 hours in advance

↻ **Treatment & Product Vouchers**

Treatment Vouchers are available from both clinics throughout the year for the whole range of therapies and hand-prepared organic, hypoallergenic products. Please ask for more information.

A Brief Description of the Available Therapies

☞ Reflexology - ART and VRT

Reflexology is both an art and a science, dealing with the principle that there are reflex or pressure areas in the feet and hands that mirror all the glands, organs and parts of the body. By using a sophisticated “walking” thumb and fingers technique on the congested areas, reflexology relieves stress and tension, improves blood supply, promotes the unblocking of nerve impulses and triggers the body’s own innate self-healing potential by restoring homeostasis (balance).

Advanced Reflexology Technique (ART)

ART uses *knuckles*, lubrication and many different types of contact in addition to the orthodox walking finger and thumbs technique.

Vertical Reflex Therapy (VRT)

VRT works very gently on the dorsum (top of the foot) while the patient is *standing* for a maximum of five minutes at the beginning and end of a classical reflexology treatment. Excellent for male and female menopause, infertility, pregnancy and childbirth, stress and adolescence, thyroid conditions and skeletal problems.

☞ Manual Lymphatic Drainage (MLD)

MLD works on the lymphatic system, a quietly working system without which our cardiovascular system would stop working and immune system would be hopelessly impaired. Through its exquisitely *light*, relaxing *skin* massage technique, MLD cleanses the body of its toxic waste and strengthens the immune system.

Ideal for allergies, detoxification, cellulite, weight loss, skin regeneration, degenerative diseases, and the swelling of lymphoedema, it reduces acute and chronic pain. A must for cosmetic surgery scars and swellings following cancer treatment.

☞ Clinical & Holistic Aromatherapy

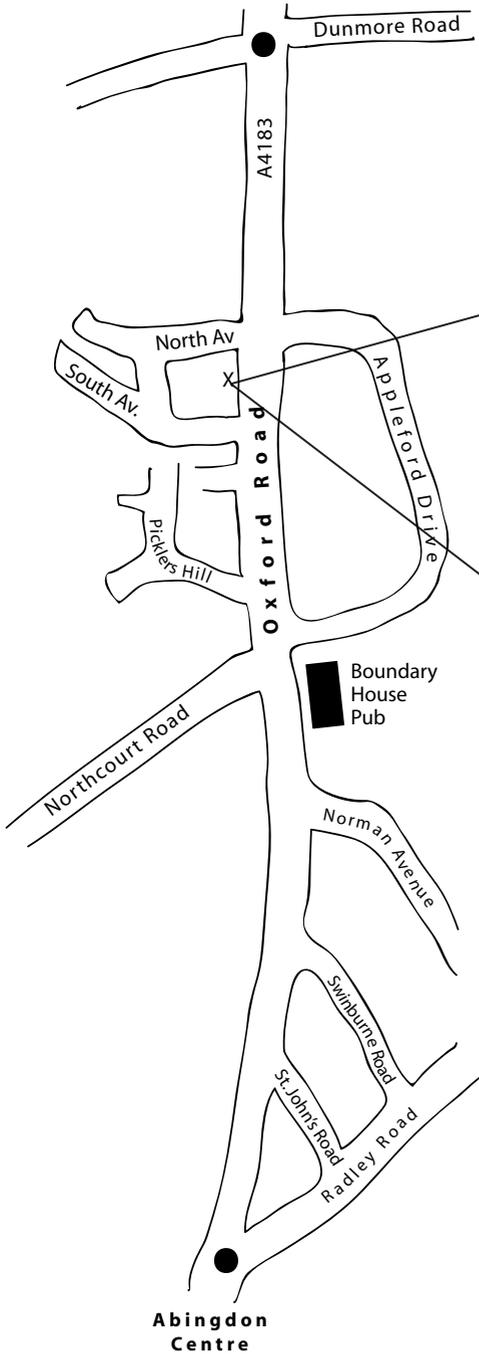
Aromatherapy is aromatic medicine, gentle, enjoyable and powerful. Its success relies on the scientific use of pure natural organic essential oils, which are highly active plant substances obtained by steam distillation. Through inhalation and transdermal absorption, essential oils produce physiological changes in all the complex systems of the human body.

In **Holistic Aromatherapy**, an individual prescription is formulated to restore the body to health, strengthen the mind and release destructive emotions. The dilution used is very weak, from 0.08% - 3%. Holistic Aromatherapy addresses *chronic long-term complex* problems.

Clinical Aromatherapy deals with *acute short-term, simple* physical problems; and the dilution ranges from 5% - 10%.

More detailed leaflets about the above therapies are available on request

DIRECTIONS



160 Oxford Road, Abingdon

From the north direction, 160 Oxford Road is the last of four Victorian terraced houses on the right-hand side, with convenient off-road parking.

It is situated diagonally opposite the yellow speed camera and the second bus stop as you come into Abingdon.

Abingdon
Centre