



ABOUT ME

How well you feel mentally, emotionally and physically comes down to how well your mind and body are connected. This is the practice of Reflexology; fusing the mind with the body.

I was first introduced to Reflexology as a patient. I came to it at a time in my life when I was lost in so many ways. Reflexology healed my soul. It had such a positive impact, that I went on to study and practice it. I am fortunate to do what I love everyday. I care for my clients, I seek ways to heal and I continue to pursue my passions.

Making a mind, body connection opened up my life, and I look forward to showing you the possibilities of Reflexology.

- PeiPei

QUALIFICATIONS

- ◆ Reflexology Association of Canada (RAC)
- ◆ Reflexology Registration Council of Ontario (RRCO)
- ◆ Global Reflexology Network by Lone Sorensen: Instituto de Reflexologia, Spain



647.296.8839

Main Office:

1472 Danforth Ave
Toronto, ON M4J 1N4
(Inside Amethyst Spa and Salon)

www.TotalReflexTherapy.com
peipei@totalreflextherapy.com



Availability
Tues - Sat: 10 am - 7 pm
Mon: By appointment only
Sun: Off

Payment Method:
Cash / Cheque / E-Transfer

Call your insurance company to find out about
or request the coverage of Reflexology

Total Reflex Therapy



PeiPei Elliott
Registered Reflexologist

www.TotalReflexTherapy.com
647.296.8839

Specializing in
Stress Relief / Bell's Palsy / Depression

“ Realign. Restore. Regain. ”

WHAT IS REFLEXOLOGY

Reflexology is care for our minds and bodies. It treats stress, tension and provides a natural immune and defense support system. It resets our mental, social and physical balance.

Our entire body - mind, muscles and soul are connected through zones in the body. Reflexology works with these Reflex zones to heal and realign, with the goal of creating harmony throughout. Like any skill, with practice the body learns to respond faster and heal quicker.

In Reflexology the body is divided into 4 zones we can work on: Face, Foot, Ear and Hand. For ailments that occur below the waist, we treat the feet. For ailments that involve the waist up, we treat the ears, hands and face. For optimal brain health, we treat the face. This includes emotional and hormonal cases, especially for Alzheimers and Parkinson's symptoms.

REFLEXOLOGY VS. MASSAGE

Both are wonderful ways to treat your body to the care it deserves. Nothing beats a massage after a tough week. The best way to compare massage to Reflexology is to consider that Reflexology is designed to target ailments in your body through pressure.

Massage simply works the muscles, while Reflexology works your internal system. No doubt combined your body will be at optimal performance. If you are suffering from symptoms beyond sore muscles, look to Reflexology to dig deeper and heal.



BENEFITS OF REFLEXOLOGY

- ◆ Instant relief of tension in the face, neck, scalp and brain
- ◆ Works with the entire body system to address specific issues
- ◆ Works to firm facial muscles, reduce and/or prevent fine lines and wrinkles
- ◆ Stimulates to increase the blood circulation, and activate Lymphatic drainage to achieve a naturally glowing complexion

MY SERVICES

Fit is very important for both you and me. Which is why I begin our initial consultation with a simple questionnaire and discussion. It's a chance for us to meet and set some real goals.

.....
Initial Consultation \$ 30

ALL SERVICES
\$ 40 for the first 30 min
\$ 10 for every additional 10 min

Personalized Reflexology (60 - 90 min)	\$ 70 - \$ 90
Tibetan Scalp Rejuvenation (30 min)	\$ 40
Tibetan Scalp and Neck (80 min)	\$ 90
Japanese Facelift Facial (90 min)	\$ 90
Weight Management (120 min)	\$ 120

TESTIMONIALS

How I work with anxiety:

"I am a highly anxious individual with a strong connection between my emotions and digestive system. PeiPei used this information to soothe my shattered nerves and cure my unsettled gut."
- S. Davies

My treatment for Bell's Palsy:

"After only 5 Face Reflexology treatments with PeiPei, I found my facial nerve starting to move slightly more than before. I also felt my face starting to re-balance after 10 years of being off. Very encouraging!"
- L. Pateropoulos

Well-rounded care for my clients:

"I have tried many therapeutic body/face treatments around the world, nothing compares to Face Reflexology. You can feel the positive energy through PeiPei's care. My wife and I have benefited so much from her knowledge. I will recommend everyone to visit PeiPei at least once in your lifetime!"
- R. Alomar