

## The Benefits of Laura Norman Holistic Reflexology<sup>SM</sup>

With regular Laura Norman Reflexology<sup>SM</sup> sessions, clients report relief from:

- ✗ Headaches
- ✗ Fatigue
- ✗ Back/neck pain
- ✗ Poor circulation
- ✗ Digestive conditions
- ✗ Allergies
- ✗ Pregnancy discomfort
- ✗ PMS & menopause
- ✗ Other chronic conditions

The benefits of Laura Norman Holistic Reflexology<sup>SM</sup> are limitless and are unique for each person. Laura Norman Reflexology<sup>SM</sup> can:

- ✓ Reduce physical, mental & emotional stress
- ✓ Relieve pain
- ✓ Increase energy levels and productivity
- ✓ Assist in weight management
- ✓ Aid in overcoming addictions
- ✓ Enhance creativity
- ✓ Improve circulation
- ✓ Detoxify impurities
- ✓ Improve overall health and well-being
- ✓ Connect to your greatness!

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

- ♥ Babies & children
- ♥ Artists
- ♥ Students
- ♥ Athletes
- ♥ Teens and adults
- ♥ Terminally ill
- ♥ Seniors
- ♥ Professionals
- ♥ People recovering from addiction
- ♥ People managing their weight

## Private Sessions

**Laura Norman Holistic Reflexology<sup>SM</sup> Centers** specialize in private Reflexology and Life Wellness Coaching sessions and Therapeutic Massage, to help you restore the balance within and promote a healthy, happy, miraculous life.

### In-Office Sessions

We offer sessions 7 days a week by appointment only. Sessions include a 15-minute consultation, aromatherapy and rest.



**Out-of-Office Sessions:** We can accommodate you with sessions in your home, office, hospital or hotel room. An additional fee applies. We offer a savings when two or more sessions are scheduled at the same location.

**SAVE with advance purchase of ten hours of sessions.**



**"Reflexology sessions with Laura Norman help me achieve a new level of focus and inner balance. During our session I totally unwind and I leave feeling exhilarated!"**

– HILARY SWANK, ACADEMY AWARD-WINNING ACTRESS

## Laura Norman Products

### Laura Norman Body Therapy

with 100% Pure Essential Oils

#### Aromatic Foot Freshening Mist

Effective Antimicrobial • Naturally Refreshing and Healing • Calms and Soothes Redness

#### Soothing Hand & Foot Soak

Effective Antimicrobial • Soothes and Pampers Tired, Achy Hands and Feet

- Natural and Therapeutic
- Contains Epsom Salts



#### Hand & Foot Moisturizing Cream

Hydrates and Heals • Soothes and Calms Irritated Skin

#### Velvety Hand & Foot Powder

Time Release Formula • Naturally Cooling and Refreshing • Softens Skin

#### Facial Moisturizer

Healing Botanicals and Herbs • Soothes and Calms Irritated Skin • Hydration • Anti Aging • Stimulates Immune System • Promotes Healthy Glow

#### Feet First: A Guide to Foot Reflexology

Laura Norman's how-to best-seller. The essential guide to Reflexology-easy-to-follow techniques with full-color charts. Tells how to improve the lives of people of all ages.



#### Reflexology Foot Pillows

Colorful, playful sure-to-be-noticed Reflexology map. Great to share with friends and family! Available in small and large sizes.



#### Laura Norman Instructional DVD



Take Laura Norman home with you! Learn Reflexology with our 60-minute DVD, designed to help you master the art and science of Reflexology! Great companion to Laura's book.

# Laura Norman Holistic Reflexology<sup>SM</sup> Centers

Specializing in

Foot • Hand • Ear • Face  
Reflexology Sessions

Life Wellness Coaching

Therapeutic Massage



*Relax ☺ Relieve ☺ Revitalize!*

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212.532.4404



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## About Laura Norman

**"I developed the Laura Norman Method of Holistic Reflexology<sup>SM</sup> to support each client physically, mentally, emotionally and spiritually. My holistic Method combines Foot, Hand, Ear and Face Reflexology with Life Wellness Coaching<sup>SM</sup> 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 Life Wellness Coach<sup>SM</sup>.

**"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

Recognizing the profound therapeutic effects of Reflexology, she created the Laura Norman Method of Holistic Reflexology and established The Laura Norman Holistic Reflexology<sup>SM</sup> Centers, offering private sessions, products, and the most comprehensive training programs worldwide.

Laura Norman is a sought-after speaker and a frequent guest on national television and radio shows such as *Good Morning America*. She has been featured in major international publications including *The New York Times*, *London Times*, *SELF*, *Vogue*, and *Travel and Leisure*.

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

- REGIS PHILBIN, TELEVISION PERSONALITY

## About 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.

Reflexology involves the gentle and skillful stimulation of the nervous, lymphatic, and cardiovascular systems, as well as the subtle energy flow within the body. Results are achieved by applying pressure to specific reflex areas on the feet, hands, ears and face that correspond to all of the organs,

glands and other parts of the body. This creates an immediate and positive response within the body. You relax as your body is empowered to cleanse itself of impurities, restore balance, and promote a general sense of wellness.

Laura Norman Holistic Reflexology<sup>SM</sup> is unique because it empowers your whole being - physically, mentally, emotionally and spiritually - to strengthen, rejuvenate, and facilitate wellness.

## Reflexology Training

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

Laura Norman Holistic Reflexology<sup>SM</sup> Training Centers offer a variety of Foot, Hand, Ear and Face Reflexology classes for newcomers, health practitioners, and aspiring Professional Reflexologists. Fun and informative hands-on Introductory Workshops to Multi-Level Certification and Post-Graduate Programs are available.

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



## Reflexology Training

Based on Laura's thirty-five+ years of experience and research, her Method includes:

- Relaxation techniques
- Location of reflex points/areas
- Complete session protocol
- Principles of Reflexology
- Laura Norman's holistic approach to Reflexology



**"Laura Norman's Holistic Reflexology Certification Program taught me the power of touch. I now feel empowered to make a real difference in people's lives."**

-SUE B.

All classes are taught by Laura Norman<sup>SM</sup> Certified Instructors, Sande Rosen and Michael Edan, 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!**

Visit [www.lauranorman.com](http://www.lauranorman.com)  
Call 1-800-FEET FIRST  
1-800-333-8347

## Life Wellness Coaching<sup>SM</sup>

Laura created Life Wellness Coaching<sup>SM</sup> to help you:

- Become empowered
- Get clear about your goals
- Feel great about yourself
- Think and speak affirmatively
- Embrace and manifest your dreams
- Focus your inspirations regarding relationships, career, prosperity, health & nutrition

Laura Norman Holistic Reflexology<sup>SM</sup> uses a unique blend of tools to support your mind, body and spirit, including the power of affirmative thinking and speaking, guided imagery, visualization, Law of Attraction, Love Forgiveness, Gratitude and Feng Shui.

**Let us help you live an inspired life!**

## Therapeutic Massage

Therapeutic Massage and Laura Norman Holistic Reflexology<sup>SM</sup> sessions include Aroma-therapy using pure botanical essences to tantalize your senses and open the way to a better, healthier life.

Laura's holistic approach to wellness integrates the many benefits of Therapeutic Massage with Laura Norman Reflexology<sup>SM</sup> on the feet, hands, ears and face.

