



I'm not a robot

































At the end of a long day I encourage you to kick off your shoes and give your feet some much needed attention applying this... Wind down your evening with a simple, holistic routine designed to Sugar and stress deplete your magnesium like crazy - which is probably why rubbing it on your feet before bed actually works. Feel that nagging or intense pain that moves from your lower back through your hip & buttocks and down the back of your leg? As it's National Complementary Therapy Week (22-28 March), I'm posting a daily Quick relief for tired feet! This Start your recovery with our Plantar Fasciitis Rehabilitation program: BEST OILS & SERUMS TO FACIAL MASSAGE WITH: Guasha: This pressure point is called the Bubbling Spring point (right in the middle of your foot!) What it does: Instant sleep hack... Find us at This class will teach you how to use this safe, natural, and... Finally - this mat heals my feet so much! How to get rid of feet pain for free. Hand reflexology for back ache-self treatment