



absolute energy

Healthy people means healthy business



Reflexology

Absolute Energy offers Reflexology treatments, which is a pressure point therapy applied to the feet.

During the massage specific reflex points in the feet are stimulated which connect with different areas around the body, which includes the glands and organs.

Reflexology creates a physiological change in the body by improving circulation, reducing body tension and therefore enhancing relaxation and well-being.

Reflexology can have a positive effect on a variety of medical conditions such as tension headaches, back pain and digestive problems.