



Welcome to



International
Membership





A bit about us

PR was founded in 2010 as a Reflexology member organisation to develop the therapy, progress training, and provide our members with resources to help them with their businesses and promote reflexology to the public.

We are always on hand to help you out with anything business or Reflexology related; priding ourselves on providing the personal touch and supporting our members in whichever way they need to make their practice succeed. We really care about the therapy and its future that's why we do what we do.

Continue reading for a more detailed explanation of your Member benefits, the Professional Reflexology Diploma and more!

Martyn Finke PRM
Director, Professional Reflexology



So...What makes us different?

We do things a little different at PR. Being passionate Reflexologists ourselves, we understand the difficulty and frustrations that running your own business can come with. That's why we gear our Membership benefits to help you in a practical way, offering you resources to take full advantage of and help propel your business forward.

We like to provide our Members with exactly what they ask for, meaning we are constantly evolving our Membership & adding exciting new benefits all the time.

Oh, and once you are a Member, there are all the extra benefits, but no extra charges!



FREE PERSONALISED PROMOTIONAL MATERIAL

We know how much goes into running a Reflexology business, so we try to take some of the hard work out for you, with resources to help your marketing.



FREE ADVERTISING ON OUR FACEBOOK GROUPS

The PR community has over 3,000 members, as a PR Member, you can promote your practice, school or CPD Course to your target audience.

REFLEXOLOGY, BUSINESS & EXPERT ARTICLES

Articles are constantly being added that help with business, reflexology skills and social media tips & help.

SOME OF THE UNIQUE BENEFITS CAN YOU EXPECT WHEN YOU BECOME A PR INTERNATIONAL MEMBER

PR PODCASTS

with the best-known names in Reflexology, and upcoming member-only podcasts to help with your business.

RESEARCH PAPERS

We've collated a wide range of research articles & papers for you to share with clients or as part of your marketing strategy. All have great conclusions on Reflexology on a number of different conditions.

PROMOTING TO THE PUBLIC

The front page of our website has a number of articles especially written for your potential clients to encourage them to pick you, a Professional Reflexologist.

ONGOING SUPPORT & ADVICE

Always here when you need help with anything Reflexology or Business related.

Easy to Navigate Members Area

Your Own Editable Practice Webpage

**THE THERAPY CLINIC AT
THREE SHIRES REFLEXOLOGY**

My Practice Details


Three Shires Reflexology
12 High Street,
Welford
Northamptonshire
NN6 6HT

Tel: 01858 575 410

[Click to Visit My Website](#)

THREE SHIRES REFLEXOLOGY

..or visit me on social media

Hi, I am Wendy from Three Shires Reflexology, a very established clinic in its 25th year based in Northamptonshire. I have treated so many clients during this time, and also run three Reflexology Schools across the midlands
(so you're in safe hands!)

My passion for reflexology goes back nearly 30 years! When I first decided reflexology was the way I wanted to go for a career I had no idea where this would lead me and how enthralling the path would be. 25 years on, thank goodness the therapy has grown in recognition with not only public perception, but with medics too.

After qualifying in 1992, I began the development of specialist reflexology techniques for many different conditions and continue to do so to this day!

If you feel you need a Reflexologist or would like to know more, then I would love to hear from you. Just drop me an email at learn@threeshiresreflexology.com message or call on 01858 575 410

Here is a little more information about my journey from a recent interview:

Back in the 1980's Wendy Finke PRM, founder of Three Shires first experienced this remarkable therapy.

She was hooked, but at that time there were very few properly accredited schools and training was, to say the least, sketchy! Training was often provided on six Saturday afternoons in a village hall. Fortunately, Wendy was able to find one of the better schools not too far distant, commenced training, and started her practice in 1992. She soon found that the depth of knowledge required for clinical practice was far greater than she had been taught which meant 50% of her clinic time was spent in research. She was determined that when she started Three Shires in 1995 her students would have the benefit of all the extra knowledge she had gained. Wendy was joined by husband Martyn in 1997 after having qualified with the school. In order to pass on their knowledge to as many future therapists as possible Wendy and Martyn decided to invite some of their outstanding graduates to teach the Three Shires methods at new venues.

Continuing to teach today over and above what is required by the qualification, the school's tutors place the greatest importance on practical skills and knowledge to carrying on the Three Shires tradition.

Free Personalised Leaflets & Gift Vouchers For Your Business

all of the body systems to work together to their optimum.

This is so important for fertility.

As we have said, stress can have a negative effect on the ability to conceive, and as Reflexology is a very relaxing and restorative treatment, together with your Reflexologist, it can help you to understand and reduce your stress. Your reflexologist will be able to help balance your hormones, and can help to regulate the menstrual cycle.

Reflexology is a gentle, non-intrusive treatment and can be very successful in relieving the anxiety of trying to become pregnant.

Please give me a call for a chat about how I might be able to help you.



After I have explained reflexology to you, I will ask you to take off your footwear and make you comfortable on the couch. I will be working with gentle pressure on your feet, or hands if appropriate, and this pressure is applied to only with fingers and thumbs.

This helps me to feel the various reflex areas and points to find out if any need any particular attention.

As a client, you will feel very relaxed and calm, often clients actually go to sleep during a treatment!

Trying to become pregnant has become an all-consuming and above all an anxious and stressful experience.

And stress is a major reason for not becoming pregnant. You have done everything you can, but it seems you are just going round in circles.

So, as would 'Have

YOU'RE IN SAFE HANDS...

I am a Member of the Professional Reflexology Association (PRM).

Members must show that they have achieved a much higher standard of training than is accepted by other organisations. I also have to show that I have continued to develop my training and development (CPD) in order to retain my Membership. This will be the best trained therapists in the UK possible hands!



MARY'S REFLEXOLOGY CLINIC

TO BOOK AN APPOINTMENT

Telephone: 07769 xxx xxx
Email: clinic@xxxxxx.co.uk
Website: @www.xxx.co.uk

Reflexology Cottage, The Street,
London, W12 7BU

A PROUD MEMBER OF



What is REFLEXOLOGY?
(And Why Is It So Great?)



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MOLLY CHAN'S THERAPIES

TO BOOK AN APPOINTMENT

Telephone: 07769 xxx xxx
Email: clinic@xxxxxx.co.uk
Website: @www.xxx.co.uk

Reflexology Cottage, The Street,
London, W12 7BU

A PROUD MEMBER OF



Reflexology For STRESS & ANXIETY
(And Why You Should Try It)



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THE REFLEXOLOGY CLINIC

TO BOOK AN APPOINTMENT

Telephone: 07769 xxx xxx
Email: clinic@xxxxxx.co.uk
Website: @www.xxx.co.uk

Reflexology Cottage, The Street,
London, W12 7BU

A PROUD MEMBER OF



Reflexology For FERTILITY
(And Why You Should Try It)




WHAT IS REFLEXOLOGY?

Reflexology is not a foot massage nor is it an alternative to conventional medicine.

It is an holistic, powerful complementary therapy which considers the whole person, including their physical, mental, and emotional health, while taking social factors into account.

Reflexology is practiced using gentle pressure with only the fingers or thumbs on points of the feet or hands. These points reflect specific areas of the body. In this way the body is encouraged to work to 100% of its capacity, returning the body's systems to a natural state of balance, enhancing the recipient's own natural healing capabilities. At the end of your treatment your reflexologist will be able to advise a suitable course of treatment for your individual needs.

Reflexology can reduce stress by inducing deep relaxation. In this way it can be particularly helpful in combating recurring and long-term conditions.



WHY SHOULD I TRY REFLEXOLOGY?

Reflexology is wonderfully relaxing. And everyone can benefit from some time taken to relax and reduce the stresses of today's busy lifestyle. However, many clients report that reflexology can be particularly helpful in dealing with many of those long term and recurring conditions that many of us think we just must accept as normal.

Reflexologists often talk about 'balancing' the body. This is because we work holistically, and our aim is to achieve and help maintain a balance with our client's mind, body and spirit.

To explain, most of us, at one time or another don't quite feel ourselves. A bit off colour perhaps or we may develop a condition that we can't seem to clear. This is what reflexologists mean by being out of 'balance'. I have been trained to feel imbalances within the reflexes of the feet or hands and what to do to help these areas achieve that state of balance. This in turn helps to stimulate the body's own healing process, and the method by which I aim to help you.



WHAT HAPPENS AT A TREATMENT?

An initial consultation takes place during which your problem can be discussed in complete confidence. You will be asked some questions which will help me to formulate your own personal treatment plan. At the first session it is a good idea to bring with you a note of any medication you are taking, together with the dosage.

After removing your footwear and being made comfortable on a couch, I will be working on the feet, (or the hands where appropriate). Gentle pressure is applied with only the fingers and thumbs in order to feel the various reflex areas and points, and to find which, if any, need particular attention.

As the recipient of reflexology, you may feel very relaxed and calm. Many clients report an increase in energy and find their productivity and creativity improve. General health may also improve with the help of regular treatment, and we know it can help in a preventative way, by boosting the immune system.

Probably the worst thing that can happen to you at a treatment is that you will have the most relaxing hour ever!

Reflexology by Lyn

GIFT VOUCHER

To redeem your voucher, please call 07969 201 266 or Email lyn@reflexologybylyn.com



A TREAT FOR YOU. SIMPLY HOLISTIC

Gift Voucher

CONTACT US TO BOOK

Telephone: 07427 654 680
Email: maria@simplyholistics.co.uk
Website: www.simplyholistics.co.uk
8 Woodgrove Road, Henbury Bristol BS10 7RE



XXX CLINIC, XXX ADDRESS

REFLEXOLOGY GIFT VOUCHER

HAPPY FATHER'S DAY!

To book in, just Email XXX ...or call XXX



PEARL REFLEXOLOGY

GIFT VOUCHER

TO REDEEM PLEASE CONTACT US

Email: pearlwols@gmail.com
Tel: 01748 850 020
Web: www.pearlreflexology.com

ADDRESS
25 Frenchgate, Richmond,
North Yorkshire DL10 4HZ



PEARL REFLEXOLOGY

25 FRENCHGATE, RICHMOND, NORTH YORKSHIRE DL10 4HZ

REFLEXOLOGY

GIFT VOUCHER

Just call or email to book in, then present this voucher at your appointment

pearlwols@gmail.com
01748 850020
www.pearlreflexology.com




MERRY CHRISTMAS

HERE'S A TREATMENT WITH INHARMONY REFLEXOLOGY
JUST EMAIL ANDREA@INHARMONYREFLEXOLOGY.CO.UK
OR CALL 07767 377 223 TO BOOK!





Professional Reflexology Practitioner Diploma (PRD)

The PRD is slightly different to other reflexology courses that are around. It has been developed taking into account the comments from our recent surveys and feedback from students over the last couple of years. It was important for us to listen to what everyone had to say, and this has been a huge factor in the process.

Written by practising reflexologists and tutors with over 50 years of experience, the PRD has a modern, focused structure with a high proportion of the course specified for practical reflexology. The core units of the course provide the underpinning knowledge vital to a high-quality basis for training. Unique to the PRD, each school chooses a number of additional units from our ancillary list. This means that they will be able to choose, teach and gain recognition for subject areas about which you are passionate.

We are the first to introduce mandatory minimum hours of in-class practical training, after all, that is the most important part when treating a client. We have ensured that all aspects of the course are relevant to the practising Professional Reflexologist running a business.

The PRD has a robust system for both Internal and External Verification

Another aspect of which we are proud is that we are dedicated to making use of technology and keeping everything as "green" as possible. We have developed and tested an easy-to-operate "cloud" based system which is invaluable, not only for students but in helping schools to administer coursework, case studies, marking etc.

If you're interested in finding out more, just drop us a line and we will send you a brochure with more information.

Interested in teaching and running your own school?



What our members say...

“

I really just wanted to say a very big thank you to you all for the exceptional level of information and keeping us informed. I practice reflexology alongside another employed role in healthcare and I can honestly say the information received from yourselves has been more helpful than that received from my employer.

The getting back to work packs are great and I am busy preparing myself for my first client back after lockdown. Thank you for your support and continual enthusiasm for raising the profile of the profession...

Membership with Professional Reflexology is worth every penny!

Paula, PR Member, July 2020 ”

“

To all at PR, I just wanted to say a few words about how thankful I am for your work. I have been a Reflexologist for 13 years and have been a PR member for the past 3. I can honestly say it was the best decision I have made. I have never been particularly versed in the internet and social media, but as I use it all more and more for my business I have found your downloads, tips and advice invaluable, and have picked up many new clients having used them. I also find your general outlook and attitude a breath of fresh air and cannot thank you enough for everything!

Stephanie, PR Member, May 2021 ”

How to Join



[Ready to join the family? Click here!](#)

Full PR International Membership: £50

Student PR International Membership: £20
(annually & equivalent in your local currency)

Professional Reflexology Association LTD

Telephone: +44 (0) 1858 575 410

Email: support@professionalreflexology.org

