

# Sporty side of reflexology

WE all know reflexology is great for relaxation, but one South Devon practitioner says it can also be very helpful for sportspeople.

“Sports reflexology can help energise muscles, remove toxins and reduce muscle fatigue, inflammation and stiffness,” says Donna McCheyne, who’s based at The Mayberry Centre in Old Station Yard in Kingsbridge.

“Reflexology can also speed up injury recovery time, ease sports-related physical and emotional stress and enhance relaxation and sporting potential. “It offers a safe, natural, drug-free option for all sport enthusiasts!”

Call Donna, below, on 07941 508004.

