



# Sole Therapy



Reflexology is a form of holistic therapy that is thousands of years old. The ancient Egyptians were known to have practised a form of it 2500 BC and it has also been referred to in ancient Greek and Chinese writings. Relieving aches, pains and tensions in the body by massaging pressure points on the soles and tops of the feet certainly seems to work, if the practice's enduring popularity is anything to go by, although there is no medical proof of this.

Therefore it is purely in the interests of research and with the benefits of her readers in mind that The Post's intrepid editor stepped out to have a reflexology treatment with Donna McCheyne at the Mayberry Centre, Kingsbridge.

The Mayberry Centre is tucked away in Old Station Yard, next door to L H Rendle's and behind Flear House Interiors. I confess that up until today I had no idea it was there, but in actual fact the Centre is about to celebrate its 10th Anniversary.

I have come here to meet Donna McCheyne, a qualified reflexologist and to experience a reflexology massage from her expert fingers. I have been advised that the treatment is both relaxing and rejuvenating, which sounds ideal for me - my print deadline is due and feeling tense doesn't begin to describe that gnaw of worry in the pit of my stomach.

Donna quickly puts me at ease though. She is lovely - bright, but calm, briskly professional, but very friendly. Her enthusiasm for her chosen therapy is evident.

"Reflexology is a passion of mine", she explains. "While it does not take the place of traditional medicine, reflexology can help your body reattain its equilibrium. If you've been ill, or under undue strain, your body becomes unbalanced. Energy channels become blocked and that makes healing harder to achieve."

"Reflexology is a therapy designed to help people actively get their bodies in a position where healing can take place. It can help with insomnia and has a good effect on hormonal imbalances, raised blood pressure and type-2 diabetes, alongside conventional medication, of course. Reflexology should be regarded as

a complementary therapy, not an alternative treatment plan.

Donna explains that lines of energy run from the various organs of the body to the soles of the feet, so the whole body is literally mapped out on the soles of the feet in corresponding reflex zones. By gently massaging these pressure points, any problems can be identified and given special attention. It is very good therapy for relieving areas that are too painful to be touched, such as joint pains and stiff necks.

After Donna has run through a health check we are ready to begin. The treatment room is cosy and comfy with pillows and Indian throws. Although it is a warm day, there are still rugs to wrap up in - chilling out is not just an expression but what happens when you relax. The treatment is gentle and rhythmic and not at all painful. There is something very soothing about having your feet massaged and I confess I fell quite soundly asleep. Afterwards, Donna tells me she identified a number of tension areas, but nothing too major. Maybe I ought to call in every month on deadline day.

**Stop Press!** Readers who book an appointment with Donna and produce this article will receive a 15% discount on the price of their treatment.

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