

## The Benefits of Laura Norman Reflexology<sup>SM</sup>

With regular Laura Norman Reflexology<sup>SM</sup> sessions, clients report experiencing relief from the following:

- ✓ Allergies
- ✓ Fatigue
- ✓ Headaches
- ✓ Back/Neck Pain
- ✓ Poor Circulation
- ✓ PMS & Menopause
- ✓ Digestive Problems
- ✓ Discomfort During Pregnancy
- ✓ And Other Chronic Conditions

People of all backgrounds, interests and ages can benefit from Reflexology:

- Babies and Children
- Students
- Teens and Adults
- Seniors
- Business Professionals
- Artists
- Athletes
- People Recovering from Addiction
- Terminally Ill
- People Managing their Weight

*"I love my reflexology sessions! If everyone could have just one Laura Norman Reflexology session a week, what a wonderful world it would be."*

– **Maggie R.**, Entrepreneur

The benefits of Laura Norman Reflexology<sup>SM</sup> are limitless and are unique for each person. Laura Norman Reflexology<sup>SM</sup> can...

- ♥ Reduce Physical, Mental & Emotional Stress
- ♥ Relieve Pain
- ♥ Increase Energy and Productivity
- ♥ Assist Weight Management
- ♥ Aid in Overcoming Addictions
- ♥ Enhance Creativity
- ♥ Improve Circulation
- ♥ Detoxify Impurities
- ♥ Improve Overall Health & Well-being
- ♥ Connect to Your Greatness!

*"Reflexology sessions with Laura Norman help me achieve a new level of focus and inner balance. During our session I totally unwind and I leave feeling exhilarated!"*

– **Hilary Swank**, Academy Award-winning actress



Ancient use of Reflexology - from The Physician's Tomb ca. 2,300 BC



Laura Norman Wellness Center  
at Paradise Spa, Salon & Cafe  
140 NE 2<sup>nd</sup> Avenue  
Delray Beach, FL 33444

## Laura Norman Wellness Center

Reflexology Sessions  
Inspired Life Coaching<sup>SM</sup>  
Massage Therapy  
Nutritional Cleansing



**Relax • Relieve • Revitalize!**

Delray Beach • New York City



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140 NE 2<sup>nd</sup> Avenue  
Delray Beach, FL 33444

**561.272.1220**

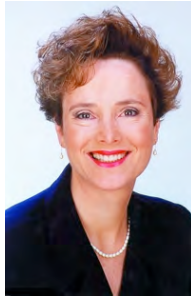
sessions@lauranorman.com  
www.lauranorman.com

*"Wow! A total healing experience for the whole person! It will alter your life in a profound way!" – Bernie Siegel, M.D., author of Love, Medicine and Miracles*

*"Laura Norman's Reflexology spared me a kidney stone operation and saved my life. What she does is the second best thing in the world!" – Regis Philbin*

www.lauranorman.com  
561.272.1220

## About Laura Norman



"I developed the Laura Norman Method of Reflexology<sup>SM</sup> to support each client holistically. My Method combines Reflexology with Inspired Life Coaching<sup>SM</sup> to empower my clients

to improve their health, trust their inspirations and realize their dreams."

Laura Norman, author of the best-selling book **Feet First: A Guide to Foot Reflexology** and considered the foremost authority on Reflexology, is also a licensed massage therapist and Inspired Life Coach<sup>SM</sup>. Laura long ago recognized the profound therapeutic effects of Reflexology, created the Laura Norman Method of Reflexology<sup>SM</sup> and established **The Laura Norman Wellness Center**. Today we offer private sessions, products, and the most comprehensive training programs in the United States.

Laura has introduced millions of people to the benefits of Reflexology, and has certified thousands of Reflexologists to practice the Laura Norman<sup>SM</sup> Method.

Laura Norman is a frequent guest on national television and radio shows such as *Good Morning America*, is often featured in major national publications including *The New York Times*, *SELF*, *Vogue*, and is a sought after speaker.

Ask about our new, all-natural Nutritional Cleansing Program and visit us at [www.HealthandWellnessforLife.com](http://www.HealthandWellnessforLife.com)

## Laura Norman Reflexology<sup>SM</sup>

### How does Reflexology work?

Reflexology is an ancient holistic healing technique used today throughout the world to accelerate the body's own healing ability, encourage relaxation and rejuvenate the entire system.

Reflexology involves the gentle and skillful stimulation of the nervous, cardiovascular and lymphatic systems, as well as the subtle energy flows within the body. You relax as your body is empowered to cleanse itself of impurities, restore balance and promote a general sense of wellness.

**Laura Norman Reflexology<sup>SM</sup> is unique** because it empowers your whole being—physically, mentally, emotionally and spiritually—to rejuvenate, strengthen and facilitate wellness.

## Inspired Life Coaching<sup>SM</sup>

Laura created Inspired Life Coaching<sup>SM</sup> to help you:

- Become empowered
- Get clear about your goals
- Feel great about yourself
- Think and speak affirmatively
- Embrace and manifest your dreams
- Focus your intentions regarding relationships, career, prosperity, health and nutrition.

We use a unique blend of tools to support your mind, body and spirit, including:

- Guided imagery and visualization
- The power of conscious language
- Laura Norman Reflexology<sup>SM</sup>
- Law of Attraction
- Love, Forgiveness and Gratitude

*Let us help you live an inspired life.*

## Massage Therapy

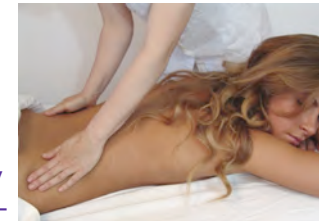
Laura Norman's holistic approach to wellness integrates the many benefits of Massage with Laura Norman Reflexology<sup>SM</sup> on the feet, hands and ears.

Experience Liz Graf's extraordinary Massage combined with Laura Norman Reflexology<sup>SM</sup>, and deeply relax your mind, body and spirit. We offer:

### Swedish Massage

Classic, traditional massage using long, flowing strokes.

Improves circulation and relaxes the body and mind while eliminating muscle soreness and stiffness, *combined with Laura Norman Reflexology<sup>SM</sup> for a very special experience.*



All Massage Therapy and Laura Norman Reflexology<sup>SM</sup> sessions include Aromatherapy, using our pure botanical essences to tantalize your senses and open the way to a better, healthier life.

**Deep Tissue Massage** realigns the deep layers of muscles and connective tissue, especially helpful for chronically tense and contracted areas such as neck, lower back, and shoulders.

**Neuromuscular Re-Education** with Laura Norman Reflexology<sup>SM</sup> helps align and balance your entire body. A form of Deep Tissue Massage that is applied to individual muscles, used to improve circulation, reduce pain, and release pressure on nerves caused by injuries to muscles and other soft tissue damage.

For an appointment  
Visit us at [www.lauranorman.com](http://www.lauranorman.com)  
Call 561.272.1220

## Private Sessions

Laura Norman Wellness Center offers private Reflexology, Inspired Life Coaching<sup>SM</sup> and Massage Therapy sessions to help you restore the balance within while promoting a healthy and joyous life.

### In-Office Sessions Price List

All session times include 15-minute consultation, Aromatherapy, rest and/or our Chi machine

60-min with Laura Norman	\$150
90-min with Laura Norman	\$225
2-hour with Laura Norman	\$300

60-min with an Associate	\$100-\$125
90-min with an Associate	\$150-\$175
2-hour with an Associate	\$200-\$225

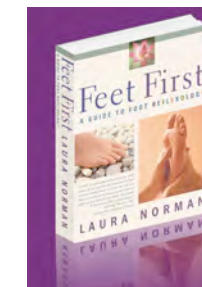
Save up to \$150 with advance payment for a series of ten sessions.

Sessions available 7 days a week by appointment only.

### Out-of-Office Sessions

We are happy to accommodate you by offering sessions in your home, office, hospital or hotel room.

Please add \$75 (Associate) or \$150 (Laura) to the fees listed above for the first hour. A savings is offered when two or more people schedule sessions at the same location.



Look for Laura's book, Laura Norman Reflexology<sup>SM</sup> DVD's and foot-shaped pillows with Laura's Reflexology map at [www.LAURANORMAN.COM](http://www.LAURANORMAN.COM)