



SKIN · SCIENCE · SOUL

THRYVE

REFLEXOLOGY

thryveclinic.co.uk

WELCOME

At THRYVE, we believe balance within the body is supported through consistent care, thoughtful therapies, and treatments that work in alignment with how the body functions over time.

Reflexology is supported by an evolving body of evidence exploring its role in relaxation, stress reduction, and the regulation of physiological responses within the body.

Our reflexology treatments are delivered through a considered, individualised approach — combining facial and foot reflexology techniques, informed by principles of traditional Chinese medicine and modern understanding of the body.

Through precise, intentional touch, these treatments are designed to support circulation, release areas of held tension, and encourage a gradual return to physiological balance, helping you feel calmer, more aligned, and better supported in how your body functions day to day.

A handwritten signature in a cursive script, reading 'Sophie Bridgell'.

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REFLEXOLOGY AT THRYVE

Reflexology at THRYVE is delivered as part of our wider, structured approach to supporting both skin and systemic wellbeing.

All treatments are carried out by clinical Reflexologist Laura, trained in advanced reflexology practices with Ziggie Bergman.

Her work is informed by principles of traditional Chinese medicine and a considered understanding of how touch, circulation, and internal regulation influence overall health.

Each treatment is carefully adapted to the individual, ensuring a calm, intentional experience that works in alignment with how the body functions over time.

At THRYVE, reflexology is not approached as a one-off relaxation treatment, but as part of a more considered process of supporting balance, reducing physiological stress, and encouraging the body to regulate more effectively.

OUR REFLEXOLOGY THERAPIES

FOOT REFLEXOLOGY

Foot reflexology is based on the principle that specific areas of the feet correspond to different systems and organs within the body.

Through targeted pressure techniques, this treatment works to support circulation, encourage lymphatic flow, and stimulate areas associated with internal function.

Often considered the foundation of the body, the feet play a central role in how we feel physically and function day to day, making this treatment a meaningful way to support both physical balance and a deeper sense of overall wellbeing.

It is particularly beneficial for those experiencing:

- fatigue
- stress and overwhelm
- poor sleep
- digestive imbalance
- general feelings of being out of balance

The treatment is deeply calming, helping to shift the body into a more relaxed, regulated state, supporting overall regulation.

Pregnancy & child safe.

OUR REFLEXOLOGY THERAPIES

FACIAL REFLEXOLOGY

Facial reflexology works through mapped reflex points on the face, while also directly influencing the skin, lymphatic system, and underlying musculature.

This treatment combines internal support with visible skin benefits, helping to:

- release tension held within the facial muscles
- support lymphatic drainage
- encourage circulation and oxygenation of the skin
- promote a more rested, balanced appearance

It is particularly suited to those experiencing:

- facial tension or jaw tightness
- stress-related skin changes
- dull or tired-looking skin
- a preference for a natural, non-invasive approach to skin support

Facial reflexology sits closely alongside our skin-focused treatments, supporting both internal balance and external skin health.

Pregnancy & child safe.

ADDITIONAL THERAPIES

INDIAN HEAD MASSAGE

Indian head massage focuses on the head, neck, and shoulders, areas where stress and tension are commonly held.

Using a combination of rhythmic and targeted techniques, this treatment works to:

- relieve muscular tension
- support circulation to the scalp
- calm the nervous system
- promote a sense of mental clarity and relaxation

It is particularly beneficial for those experiencing:

- stress and mental fatigue
- headaches or upper body tension
- disrupted sleep
- prolonged periods of screen-based work or postural strain

This treatment offers a focused approach to releasing tension while supporting overall relaxation and wellbeing.

TREATMENT MENU

FOOT REFLEXOLOGY

A structured reflexology treatment working across both feet using traditional techniques to support balance within the body.

Following an in-depth consultation, each session is adapted to the individual, targeting areas associated with internal systems to support circulation, lymphatic flow, and overall regulation.

This treatment is particularly suited to those experiencing fatigue, stress, disrupted sleep, or a general sense of imbalance.

45 minutes £70

60 minutes £85

90 minutes £115

TREATMENT MENU

FACIAL REFLEXOLOGY

Facial reflexology using the Bergman Method and zone therapy, working across mapped reflex points on the face to support internal balance while also influencing the skin, lymphatic system, and underlying musculature.

45 minutes £75

A targeted treatment focusing on key reflex points to support internal balance while encouraging circulation and release of facial tension.

60 minutes £90

A more comprehensive treatment allowing for deeper work across the face, supporting lymphatic drainage, muscle relaxation, and visible skin revitalisation.

90 minutes £120

An extended treatment incorporating advanced techniques, allowing for deeper sculpting, prolonged lymphatic work, and a more immersive, restorative experience.

TREATMENT MENU

FACIAL THERAPIES

HOLISTIC FACIAL

60 minutes £85

A restorative facial treatment designed to support both skin health and overall balance within the body.

The treatment combines gentle exfoliation, targeted hydration, and massage techniques to support circulation, lymphatic flow, and overall skin function.

Elements of Indian head massage are incorporated at the beginning of the treatment, with additional attention given to the hands and feet during key stages, creating a more immersive and considered experience.

Hot towels are used throughout to support comfort and enhance treatment efficacy.

FACIAL REFLEX + GUA SHA & SCULPTING MASSAGE

60 minutes £100

90 minutes £130

An advanced facial treatment combining reflexology with Gua Sha and sculpting massage techniques.

This treatment works across both internal and external layers, supporting circulation, encouraging lymphatic drainage, and releasing muscular tension while enhancing skin tone and definition.

Designed for those seeking both skin-focused outcomes and a deeper sense of relaxation and reset.

TREATMENT MENU

FACIAL THERAPIES

BALANCE BLEND

A flexible, integrated treatment designed to respond to how your body is presenting on the day.

Combining elements of foot reflexology, facial reflexology, and Indian head massage, this treatment allows time and focus to be directed where it is most needed — supporting circulation, releasing areas of tension, and encouraging overall balance within the body.

Rather than following a fixed sequence, the treatment is guided by clinical assessment and response, creating a more personalised and adaptive experience.

60 minutes £90

A focused, integrated treatment allowing time to address key areas of imbalance across the face, scalp, and feet.

75 minutes £105

An extended session allowing for more detailed, responsive treatment, supporting deeper relaxation and a more sustained shift in how the body regulates.

TREATMENT MENU

FACIAL THERAPIES

DAYDREAM & DECADENCE

120 minutes £150

A fully immersive, extended treatment designed to support both internal balance and visible skin health.

This two-hour experience brings together facial reflexology using the Bergman Method, Gua Sha, sculpting massage, holistic facial techniques, Indian head massage, and foot reflexology, allowing the treatment to move seamlessly between the face, scalp, and body.

The skin is treated through a combination of gentle exfoliation, targeted hydration, and advanced massage techniques to support circulation, lymphatic flow, and overall skin quality.

As the treatment progresses, time is allowed for the body to settle into a sustained state of relaxation, with a guided visualisation incorporated during key stages to enhance this process.

Hot towels are used throughout, supporting both comfort and treatment efficacy.

This extended session is designed for those seeking a deeper sense of reset — physically, mentally, and within the skin.

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A bespoke, considered, individualised treatment combining foot reflexology, facial reflexology, and Indian head massage to support balance within the body.

This integrated approach allows the treatment to move between the feet, face, and scalp, incorporating reflexology techniques alongside gentle facial sculpting methods, including the use of Gua Sha tools where appropriate.

The treatment can be adapted to support a wide range of needs, including periods of heightened stress, fatigue, pregnancy, recovery, or general imbalance. It may also be suitable for children, with treatments adjusted appropriately following consultation and with parental consent.

30 minutes £60

45 minutes £75

60 minutes £95

90 minutes £125

LED LIGHT THERAPY (ADD-ON)

30 minutes £35

A targeted LED light therapy treatment designed to support skin function and enhance overall treatment outcomes.

Using clinically recognised wavelengths, LED therapy works to support cellular activity, reduce inflammation, and encourage skin repair and regeneration.

This treatment can be added to reflexology or facial therapies to further support skin health, recovery, and overall treatment efficacy.

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At THRYVE, our approach is always the same — to work with the body, not against it, supporting lasting balance through treatments designed with intention. To begin your treatment journey, contact welcome@thryveclinic.co.uk, WhatsApp 07495 594477, or visit www.thryveclinic.co.uk.

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