

# THE POWER OF Sound



## GEMMA BRADISH EXPLORES

Stay in tune with the indulgent Reflex Resonance Technique™; a combination of traditional reflexology and sound to add an extra element to your foot treatments. Your clients will be sure to sing its praises!

**In a unique twist on reflexology, complementary therapist Helen Perkins has incorporated sounds and intuition elements to help boost the benefits for clients, resulting in her Reflex Resonance Technique™.**

After beginning her career as a beauty therapist, Helen found herself drawn towards complementary therapies. "Many of my clients suffered from stress and minor ailments and I wanted to help them relax and provide a more holistic approach to enhance their overall sense of wellbeing," she reveals. "I began to explore many different therapies which helped expand my knowledge and understanding."

Feeling inspired, Helen embarked on a reflexology training course. "I decided to train as a reflexologist after experiencing the blissful state of relaxation that can be achieved with this treatment. I was also astonished at the accuracy of the relationship between reflexes and the body."

Helen's desire for a life down under prompted a move to the Australian Outback in 1989. The rich culture and traditions of the indigenous Aboriginal population had a thought-provoking effect on Helen and she soon began to develop her exclusive technique.

"Intuition is vital for any complementary therapist and I found that my own instincts were heightened and enhanced while living with the Australian Aborigines – who loved reflexology," comments Helen. "Learning about their culture and use of sound in ancient healing rituals inspired me even more to combine these elements into my technique. I had started to devise and practice the concept in England and this new cultural experience magnified and reinforced my thinking."

After spending 10-years with the Aboriginal population, Helen returned to the UK where she began to practice her technique. "Each organ and part of the body has its own energy field and when healthy will 'vibrate' a harmonious sound. If there is disease or a person is stressed or unwell, the vibration is weaker and of poorer quality."

"Reflexes are areas of the body that are mirrored on the feet and these reveal the same vibrations," adds Helen. "Using intuition as a guide, and pressing on the reflexes while vocalising the most appropriate sound, the necessary effect

is directed to the corresponding point in the body while restoring a sense of wellbeing."

Helen vocalises various sounds while tending to her client's feet and believes this method not only heightens relaxation, but improves the health benefits felt following the treatment. "Clients who have found no relief with regular reflexology often report an end to their symptoms that is either long-lasting or permanent."

As well as assisting clients, Helen teaches an accredited postgraduate course for qualified reflexologists looking to enhance their treatment offering. The technique is ideal for adding interest to your in-salon or mobile services and can drastically enhance a standard pedicure service. "Even clients without a specific complaint can benefit from the Reflex Resonance Technique™. The therapist uses her intuition to judge whether the sound element is likely to add value," comments Helen.

"Most pedicure treatments involve a massage at some level and therapists can take this a step further by including some reflexology movements. Following a basic consultation to identify any problems such as lack of energy or insomnia, those specific reflexes could be pressed to bring about balance and healing. When the client benefits from the treatment, they return for more." 

[www.helenperkins.com](http://www.helenperkins.com)  
 [@helenperkinscom](https://twitter.com/helenperkinscom)

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## The Reflex Resonance Technique™: Training

The Reflex Resonance Technique™ postgraduate course is in two parts, which taken together or separately lead to certification stage for successful qualification:

### PART 1: INTUITION AND SOUND I

The first part of the course offers an introduction to sound and teaches reflexologists how to discover and apply their intuitive abilities.

### PART 2: INTUITION AND SOUND II

Once intuitive skills have been refined, reflexologists can move onto this more advanced workshop that explores the many different aspects of sound, balance and healing.

### PART 3: CERTIFICATION REFLEX RESONANCE TECHNIQUE™

Four case studies must be prepared showing how intuition and sound has been used in practice. A pre-set assignment must then be completed and the course will conclude with a half-day assessment session.

**Ideal for:** Qualified reflexologists who wish to further develop their skills and enhance their treatment offering.

**Accredited by:** Federation of Holistic Therapists (FHT), Complementary Therapists Association (CTHA), Association of Reflexologists, National Register of Reflexologists (Ireland) and Reflexology Association of Australia.

**Availability:** Throughout the UK and overseas by arrangement.

**Cost:** Depends on specific needs and covers all support materials, professional fees, travel and accommodation.

**Booking:** Visit [www.helenperkins.com](http://www.helenperkins.com)

**SAVE THE DATE!**

The next Reflex Resonance Technique™ course will take place 8-9 August in Peterborough.



### Helen's how-to:

Helen uses her skill and sensitive fingers to interpret the feel and vibration of each reflex point, incorporating sound as required to further benefit the part of the body in need of healing. The sound is carried by vibration directly to the area in need, a unique experience that can bring emotional, physical and spiritual benefits.

Reflexology works on many levels, to aid relaxation and instil a sense of wellbeing while treating deep-seated or underlying conditions. Her accredited postgraduate course in The Reflex Resonance Technique™ helps therapists to discover their own unique skills. In this way, continuous professional development provides an opportunity to enhance and build your business.

"Through Helen's workshop I have the ability and confidence to use intuition - and particularly sound - in my own practice."

**Julie Bowman, complementary therapist and healer, Derbyshire**