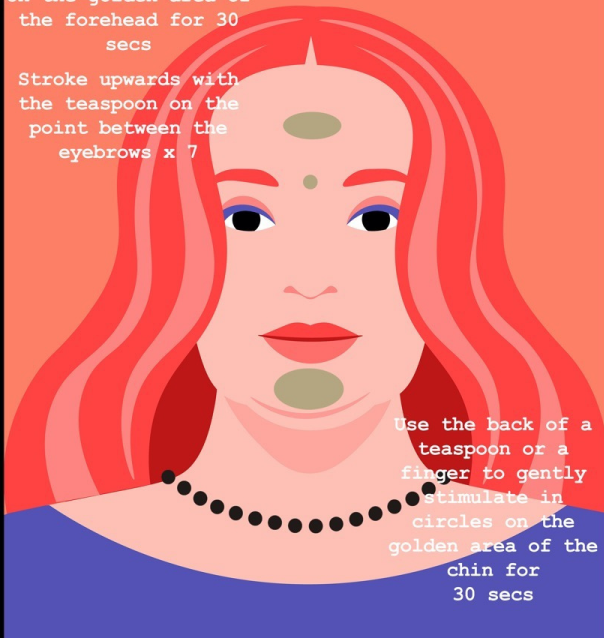


*Bergman Method*

# FACIAL REFLEXOLOGY

For hot flushes, use  
the back of a  
teaspoon to gently  
stimulate in circles  
on the golden area of  
the forehead for 30  
secs

Stroke upwards with  
the teaspoon on the  
point between the  
eyebrows x 7



Use the back of a  
teaspoon or a  
finger to gently  
stimulate in  
circles on the  
golden area of the  
chin for  
30 secs

# MENOPAUSE BUSTER

# Reflexology can help support you with any symptoms.

- Hot flushes
- Night sweats
- Palpitations
- Insomnia
- Joint aches
- Headaches - visit: [www.headacheexpert.co.uk](http://www.headacheexpert.co.uk)

menopause symptoms such as mood swings, irritability, anxiety, difficulty concentrating, difficulty coping and forgetfulness may be related to hormonal changes, either directly or indirectly e.g. due to sleep disturbance.

**<https://www.menopausematters.co.uk/>**