



ALEX GURNEY

undertook courses in reflexology and Indian head massage followed by advanced courses in maternity reflexology, pregnancy massage, lymphatic drainage massage and in the use of specialised massage techniques to help prevent lymphoedema in breast cancer patients. She has also studied facial massage and mind and body therapy for stress management.

Alex now specialises in working with pregnant women, with those who have had breast cancer and with women and men with chronic conditions such as ME (chronic fatigue

breast cancer fuelled her interest in working with women suffering from lymphoedema, a condition which causes severe swelling and pain in the arms following mastectomy. She works at the Primrose Centre in Orpington, providing lymph drainage massage and reflexology to breast cancer patients and will also see women in their own homes.

Alex is one of only two therapists in the Bromley area registered with UK Lymphology Clinics as a lymphatic pressure therapist offering a unique technique for helping prevent arm lymphoedema in breast cancer survivors. Lymphatic massage can also be effective in treating lymphoedema in the feet and legs, a genetic condition which can occur in both women and men. Manual lymph drainage has also been proven to help people suffering from chronic fatigue syndrome (ME), multiple sclerosis and fibromyalgia.

Alex's degree in human biology and psychology, completed in 2009 with the Open University, means that she is well placed to understand her clients' physical and emotional needs to provide completely holistic treatments. She is a gentle, compassionate, empathic and highly professional clinical therapist who is keen to help anyone with these conditions. She offers treatments in your own home or in one of her clinics in southeast London and north Kent.

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Alex Gurney, BA (Open) MFHT, is an experienced clinical complementary therapist who established her own business, Therapia, in 2003. Having previously worked in advertising and law, she became disillusioned with the corporate world and decided to explore career options in the health and wellbeing sector.

Alex completed a course in human anatomy, physiology and massage and was bowled over by the benefits which some of her early clients reported. She decided to train further in the field of complementary therapy, and

syndrome) but also offers relaxation therapies for general wellbeing. During pregnancy, many women suffer aches and pains such as backache, sickness and swollen ankles and Alex's knowledge and skills can help alleviate these. She has completed a Diploma in Reflexology for Pregnancy and can also provide specialist treatments for birth preparation.

Alex's experience of helping a friend with



massage therapy & reflexology

at home or in clinic

Clinical Therapist specialising in pregnancy, lymphoedema and stress.

Treatments available:

- full body massage
- back massage
- indian head massage
- reflexology
- ear candles
- japanese facial massage
- pregnancy massage
- lymphatic drainage massage
- mind & body therapy

Visit my website for more details and pricelist at:

www.therapia-online.co.uk

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