



Treating the entire body

By Kyle Hunter

She is a Bermudian with over 21 years experience as a holistic health practitioner. Originally starting out as a biologist she discovered aromatherapy after completing her MSc in fisheries in Wales.

"I moved back to Bermuda in 2010," said Fiona Couper-Smith who trained in Wales and England in various massage disciplines. She completed further specialist training in reflexology with Ann Gillanders, an internationally recognised reflexologist from the British School of Reflexology. These included women's health, pregnancy, cancer support and the intestinal link.

And now Mrs Couper-Smith has opened her own business, Inner Balance Ber-

muda, which specialises in reflexology, hot stone massage and other massage treatments.

"I am passionate about reflexology and hot stone massage and the many benefits they provide," she said.

With reflexology Mrs Couper-Smith works with the feet. "But it treats the whole body," she said. "When people come to see me I start with a consultation, look at lifestyle and health concerns and then tailor the treatment to suit them."

Reflexology is a powerful eastern treatment which works on the principle that there are reflex points in the feet that correspond to the whole body. Gentle to firm pressure is applied together with

massage and stretching to the feet. Your health and well-being is represented in your feet and by working these points you stimulate the body's own innate healing powers. Reflexology is deeply relaxing, improves energy levels and circulation in the feet.

With the Hot Stone Massage ancient smooth basalt stones are heated and incorporated into a massage using essential oils. "It is deeply relaxing and grounding. You feel your tension melt away." Cold marble stones can also be introduced which are beneficial for reducing muscular inflammation. Great for sport injuries.

Ms Couper-Smith has also worked with women who are pregnant.

Of her Mother To Be Massage she said: "Once a women is past 12 weeks and has been given the all clear, massage is very beneficial. It can help with lower back pain, stiffness and posture. Reflexology also helps their swollen ankles, balances their moods, their hormones and just makes them feel good about themselves," she said.

She has also worked with athletes using Deep Tissue and Sports Massage. This massage can improve blood circulation, assist lymphatic drainage, reduce lactic acid build up and decrease tension in the muscle fibres. Sports massage focuses on specific areas of concern. This helps to maintain optimum training

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FIONA COUPER-SMITH



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levels, increase flexibility and decrease the chance of injury while enhancing an individual's performance. She has worked with many triathletes, runners, swimmers and golfers.

Mrs Couper-Smith, who also trained with Karen Knowler of the Fresh Network UK and has attended courses on raw food preparation, juicing and sprouting at the Raw Food Institute, Connecticut and at the Hippocrates Health Institute, Florida. She is passionate about the many benefits of incorporating living foods into a balanced diet to enhance the immune system and health from within. Look out for her raw food prep classes being offered from late summer.

Other services include:

Massage (Swedish, Relaxation, Aromatherapy): This treatment incorporates a variety of techniques using light to medium pressure, while still focusing on areas of tension. Each massage is tailored to suit the individual's needs. A combination of essential oils are personally selected and blended following the initial consultation.

Warm Bamboo Massage: Smooth,

warmed bamboo sticks are used with oil in a massage. Different pressure is applied as the bamboo is used to roll out tension in muscle fibres. In combination with Swedish massage techniques the bamboo tools create a highly effective massage therapy.

Reiki: Reiki in Japanese means 'Universal life energy.' The traditional Usui-system of reiki is a hands-on technique where energy passes through the practitioner's hands to wherever it is needed by the recipient. A warming sensation on the skin beneath the hands can often be felt. Reiki works on a deep level resulting in re-balancing and re-energising of the body's energy systems.

Mrs Couper-Smith worked at The Reefs La Serena Spa for the past three years before starting her own business at Jones Lane in Warwick, opposite Darrell's Wharf ferry stop.

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