



BEST FOOT FORWARD

Holistic Therapist, Rima Shah and the owner of Calm and Clear Complementary Therapies is adding a new therapy to her long list of treatments. Having trained in the art of Ayurvedic Kansa Vatki Foot Massage, Rima uses a Kansa Vatki (metal bowl) made from three different metals, to massage the feet and help draw excess heat out of the body. The specialised massage movements are done on the lower legs and feet to help soothe, refresh and relax the mind as well as the whole body. **Rima is based at Neal's Yard Remedies in Islington, 07947 359 838, www.calmandclear.co.uk**