

MAY 2026

Social Media Caption Set

These captions are provided to support clear, professional communication.
You may use them as written or adapt them to reflect your clinic voice and client base.

Post #	Topic / Hook	Date / Timing	Description / Key Message
1	Hello May	May 1st	May is a time for renewal using Duopody© to align your physical and emotional wellbeing
2	Better Sleep Month Special	May 1st	Duopody© helps you sleep by soothing the brain and relaxing the digestive system
3	Drifting off in Reflexology Treatments	May Week 1	Treating both feet simultaneously triggers a shift from "fight or flight" into deep relaxation
4	Sleep-wake cycle	May Week 2	Reflexology supports your sleep-wake cycle by gently stimulating reflected points linked to melatonin
5	Anxiety and Solar Plexus	May Week 3	Simultaneous work on solar plexus reflected area releases emotional tension to help the mind rest
6	Foot soak tip	May Week 4	Transition to sleep with a home foot soak or professional clinical relaxation
7	International Midwives Day	5th May	Clinical reflexology offers vital restorative care for the physical and emotional demands on midwives
8	World Ovarian Cancer Day	8th May	Duopody© provides gentle emotional comfort and relaxation alongside medical care for cancer journeys.
9	World Lupus Day	10th May	Adapted treatments help manage the stress and fatigue common with autoimmune conditions like Lupus
10	Epilepsy Awareness Week	18th may	Deep relaxation serves as a supportive stress-management tool for those living with epilepsy.
11	Dementia Action Week	18th may	Gentle touch communicates care and provides comfort for those living with dementia.

Post #1: Hello May - Spring Renewal and Balance

Hello May! 🌸🌟

As we move further into spring, it is a natural time for new beginnings and focusing on our wellness. It is the perfect time to reset your nervous system and bring your physical and emotional wellbeing back into alignment.

As a Level 5 Clinical Reflexologist, I specialise in DuoPody©- a unique technique where I treat both feet simultaneously to reflect the systems of your body in real-time. This isn't just a relaxing foot rub; it's a clinical, anatomy-led approach designed to encourage homeostasis and support your body's natural healing processes.

Whether you are managing a chronic condition or simply want to prioritise your health this month, let's work together to help you feel your best from the ground up.

To find out more or to book your session, please visit my website or send me a message.

#HelloMay #SpringWellness #Duopody #ClinicalReflexology #Level5Reflexology
#HolisticHealth #Homeostasis #ReflexologyUK #SelfCareMay

Post #2 - Better Sleep Month Special

Did you know that a restless mind often starts with a restless gut? 🧠💤

This #BetterSleepMonth, we are looking at how digestive wellness impacts your rest. If your digestive system is under stress, it can be nearly impossible for your nervous system to fully settle into that vital "rest and digest" state.

Through the clinical precision of DuoPody©, I work specifically with the digestive and nervous systems simultaneously. By communicating with both hemispheres of the brain at once, we can help recalibrate the Central Nervous System and soothe the "second brain," making it easier for you to drift off naturally.

If a "tight" gut or a busy mind is keeping you awake, clinical reflexology may offer the systemic reset you need for a truly better night's sleep.

Visit the link in my bio to book your clinical session and start your journey to better rest.

#BetterSleepMonth #Duopody #ClinicalReflexology #GutHealth #SleepSupport
#RestAndDigest #NervousSystemHealth #Level5Reflexology #WellbeingJourney



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Post #3 - Drifting off in Reflexology Treatments

Ever wonder why you sometimes drift off during a Duopody© Clinical Reflexology session? zZ

It's not just the cosy chair. By working on both feet at once, Duopody© provides a symmetrical stimulus to the body, helping to encourage a shift from "fight or flight" into "rest and digest".

This month is #BetterSleepMonth, and the journey to a better night's rest may start at your feet. 🦶🌟

To find out more about how Duopody© Clinical Reflexology may support relaxation and wellbeing, visit my website or get in touch to book a treatment.

#BetterSleepMonth #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #SleepSupport #RestAndDigest #Wellbeing #HolisticHealth
#RelaxationTherapy

Post #4: Better Sleep Month - Sleep-wake cycle

Struggling with your sleep-wake cycle? 🌙

In **Duopody© Clinical Reflexology**, we pay special attention to the endocrine system. Gentle work on the pineal gland reflected points may help support the body's natural rhythms, including the processes linked with melatonin - the hormone associated with sleep timing. 🧠zZ

If your sleep feels unsettled, reflexology may offer a calming, supportive space for your body and mind to slow down.

To find out more or book a Duopody© Clinical Reflexology treatment, please visit my website or send me a message.

#BetterSleepMonth #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #SleepWell #EndocrineSystem #Melatonin #SleepRoutine
#HolisticWellbeing



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Post #5: Better Sleep Month – Anxiety and Solar Plexus

If anxiety is keeping you awake, your body may be holding onto tension. 🌙

In Duopody® Clinical Reflexology, the solar plexus reflected area is often an important focus. This area is closely associated with stress, tension and emotional holding. By working both solar plexus reflected area simultaneously, a Duopody® session may help encourage a deep sense of grounding, calm and release. It can feel like pressing the “reset” button before you rest. 🧑‍🚶‍♀️🌟

To find out more about how Duopody® Clinical Reflexology may support relaxation, stress relief and sleep, visit my website or contact me to book.

#BetterSleepMonth #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #StressSupport #AnxietySupport #SolarPlexus #RestAndDigest
#Relaxation

Post #6: Better Sleep Month - Foot soak tip

To wrap up #BetterSleepMonth, here's a simple tip to try tonight:
Give your feet some love before bed. 🛀👣

A warm foot soak, followed by a gentle foot massage, can be a lovely way to signal to your body and mind that the day is done.

Want the professional version? A Duopody® Clinical Reflexology session offers focused, structured work to support relaxation, balance and overall wellbeing.

To find out more or book a treatment, please visit my website or send me a message.

#BetterSleepMonth #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #SleepTips #FootCare #BedtimeRoutine #Relaxation #HolisticHealth

Post #7: International Midwives Day

Happy #InternationalMidwivesDay! 🧑🏻

To the incredible midwives who spend so much of their time caring for others, often while on their feet for long hours - your work is vital, skilled and deeply valued.

Duopody® Clinical Reflexology may be a wonderful way to support the physical and emotional demands of such an important role, offering time to rest, reset and receive care yourself. 🦶❤️

If you are a midwife, birth worker or healthcare professional in need of some restorative time, please visit my website or get in touch to book a treatment.

#InternationalMidwivesDay #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #Midwives #MidwifeWellbeing #HealthcareWellbeing
#RestAndRestore #SelfCare

Post #8: World Ovarian Cancer Day

Today is #WorldOvarianCancerDay. 💙

Reflexology is a complementary therapy and is not a cure or replacement for medical care. However, Duopody© Clinical Reflexology may offer a gentle, supportive space for relaxation, emotional comfort and wellbeing for those navigating a cancer journey.

Awareness matters. If something does not feel right in your body, please seek medical advice and get symptoms checked.

To find out more about how Duopody© Clinical Reflexology may offer supportive care alongside medical treatment, please visit my website or contact me.

#WorldOvarianCancerDay #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #ComplementaryTherapy #CancerSupport #WellbeingSupport
#SymptomAwareness #GetChecked

Post #9: World Lupus Day

On #WorldLupusDay, we highlight the importance of gentle, supportive care for those living with autoimmune conditions. 💜

Stress, fatigue and flare-ups can have a huge impact on daily life. Duopody© Clinical Reflexology aims to support relaxation, balance and whole-body wellbeing, working gently and within appropriate clinical boundaries.

Every client is different, and treatments are always adapted to individual needs. To find out more about how Duopody© Clinical Reflexology may support your wellbeing, please visit my website or get in touch to book.

#WorldLupusDay #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #LupusAwareness #AutoimmuneSupport #StressSupport
#GentleTherapy #HolisticWellbeing

Post #10: Epilepsy Awareness Week

For #EpilepsyAwarenessWeek, we focus on the importance of stress management and gentle wellbeing support. 🧠💜

While reflexology does not treat or cure epilepsy, the deep relaxation offered through Duopody© Clinical Reflexology may be a supportive tool for overall wellbeing, helping the body and mind move into a calmer state.

Treatments are always carried out within professional boundaries and adapted to the individual client.

To find out more or discuss whether Duopody© Clinical Reflexology may be suitable for you, please visit my website or send me a message.

#EpilepsyAwarenessWeek #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #EpilepsyAwareness #StressManagement #NeurologicalWellbeing
#ComplementaryTherapy #RelaxationSupport

Post #11: Dementia Action Week

Touch can be a powerful form of communication when words become difficult. 🧡
During #DementiaActionWeek, we recognise how gentle, compassionate reflexology may help provide comfort, calm and connection for those living with dementia.

Duopody© Clinical Reflexology can be adapted to the individual, offering a peaceful and supportive space where the person is treated with dignity, care and respect. 💜👣

To find out more about gentle reflexology support for yourself or a loved one, please visit my website or get in touch.

#DementiaActionWeek #Duopody #DuopodyReflexology #ClinicalReflexology
#ReflexologyUK #DementiaAwareness #GentleTouch #ComfortCare
#WellbeingSupport #ComplementaryTherapy



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