

June 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 June: Alzheimer's & Brain Awareness Month | June 1st | Bring awareness to brain health and learn how Duopody© supports clients living with stress cognitive change carer strain or nervous system overload. |
| 2 | Brain Awareness Month: Nervous System Support | June Week 1 | Duopody© treats both feet simultaneously to help the nervous system transition from high-alert stress states into a calmer more regulated rhythm. |
| 3 | Dementia, Stress and the Body | June Week 2 | Cognitive change affects the whole body. Duopody© supports connected reflected systems in real-time offering a calm grounded space for clients or carers. |
| 4 | Supporting Carers During Brain Awareness Month | June Week 3 | Caring is physically and emotionally demanding. Duopody© gives carers' bodies a vital chance to pause breathe reduce tension and recover. |
| 5 | Brain-Body Connection | June Week 4 | When under long-term pressure the brain and body communicate through physical symptoms. Duopody© uses anatomy-led clinical reflexology to support regulation. |
| 6 | Global Day of Parents | 1st June | Parenting and caring roles create heavy nervous system loads. Duopody© offers structured clinical maintenance for people who hold so much for others. |
| 7 | Pride Month: Inclusive Clinical Care | 8th June | Affirming dignity and inclusion, Duopody© focuses on respectful person-centred and boundaried anatomy-led care to help the mind and body settle. |
| 8 | Men's Health Week: Stress and Prevention | 15th June | Men often delay seeking support. Duopody© works through mapped reflected anatomy to address stress poor sleep digestive tension and overload. |
| 9 | Learning Disability Week: Accessible Care | 16th June | Clinical reflexology must be adapted to individual needs with clear explanations sensory awareness and person-centred pacing. |
| 10 | Autistic Pride Day: Neurodiversity-Affirming Care | 18th June | Rather than trying to "fix" neurodivergence, Duopody© provides predictability clear consent and structured touch to ease physical tension. |
| 11 | Father's Day UK: Fathers, Grief and Body Load | 21st June | Family responsibilities and complex feelings are often held physically. Duopody© offers a clinical space to release tension and regulate. |
| 12 | World Wellbeing Week: Clinical Maintenance | 24th June | Wellbeing is more than a nice idea—it requires practical support. Duopody© guides body systems back to a functional resilient state. |
| 13 | Armed Forces Day: Service Life and Regulation | 27th June | Service life creates long-term physical strain and vigilance. Duopody© works respectfully to help the body move away from persistent high-alert states. |



Post #1: Hello June - Alzheimer's & Brain Awareness Month

June is Alzheimer's & Brain Awareness Month - a time to bring more awareness to brain health, memory, communication and the nervous system. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

For clients living with stress, cognitive change, carer strain or nervous system overload, treatment can offer a calm, grounded space where the body is supported to down-regulate, soften physical tension and reconnect with a steadier internal rhythm. ⚖️

To ask whether Duopody© Clinical Reflexology may be suitable for you, tap the link in bio or contact me to book. ✨

#Duopody #ClinicalReflexology #CAREA #Level5Reflexology #BrainAwarenessMonth #AlzheimersAwareness #NervousSystemSupport #ReflexologyUK

Post #2: Week 1: Brain Awareness Month: Nervous System Support

June is Alzheimer's & Brain Awareness Month - a time to think about brain health, nervous system regulation, memory, communication and the way stress affects the whole body. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©.

Duopody© is an anatomy-led form of clinical reflexology where both feet are treated simultaneously, allowing the body's reflected systems to be worked in real-time. 🦶
This matters because the brain and nervous system do not work in isolation. Stress, poor sleep, anxiety, tension, digestive disruption and emotional overload can all place extra demand on the body.

Duopody© may help support relaxation, reduce physical tension and encourage the nervous system to move from a high-alert state into a calmer, more regulated rhythm. ⚖️

Duopody© does not replace medical care, diagnosis or dementia support, but it can work alongside existing care as a gentle, structured wellbeing therapy.

To find out more or book a treatment, tap the link in bio or contact me directly. ✨

#Duopody #ClinicalReflexology #CAREA #Level5Reflexology
#AlzheimersAwarenessMonth #BrainAwarenessMonth #BrainHealth
#NervousSystemSupport #ReflexologyUK #DementiaSupport #WellbeingSupport



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Post #3: Week 2 - Dementia, Stress and the Body

During Alzheimer's & Brain Awareness Month, it is important to remember that dementia and cognitive change can affect far more than memory. 🌿

Changes in routine, communication, sleep, mood, movement and stress response can all influence how safe and settled a person feels in their body.

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the body's systems in real-time. 🦶 This allows the treatment to support the body as a connected whole, rather than working one area in isolation.

For clients affected by dementia, or those caring for someone with dementia, Duopody© may offer a calm, grounded space where the nervous system can soften, physical tension can ease and the body can experience gentle, reassuring support. ⚖️

This is not a cure or replacement for medical care. It is a clinical reflexology approach that can sit alongside professional healthcare, care planning and emotional support.

To ask whether Duopody© may be suitable for you or someone you care for, please get in touch. ✨

#Duopody #ClinicalReflexology #CAREA #AlzheimersAwareness #BrainAwareness
#DementiaWellbeing #CarerSupport #NervousSystemRegulation #ReflexologyUK
#ClinicalReflexologyUK

Post #4: Post 3 - Supporting Carers During Brain Awareness Month

June is Alzheimer's & Brain Awareness Month, and while much of the focus is rightly on those living with Alzheimer's or dementia, we also need to talk about carers. 🌿

Caring can be deeply meaningful, but it can also be physically and emotionally demanding. Many carers live in a constant state of alertness - listening, watching, planning, remembering and responding.

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© works both feet at the same time, reflecting the systems of the body in real-time. 🦶 This anatomy-led approach may help support nervous system regulation, ease physical tension and create a structured space for the body to rest.

For carers, this kind of support can be incredibly valuable. Not because it removes the responsibility, but because it gives the body a chance to pause, breathe and recover. ⚖️

If you are caring for someone and feeling exhausted, tense or constantly "switched on", Duopody© Clinical Reflexology may offer gentle support alongside your existing care and wellbeing routines.

To book a session, tap the link in bio or send me a message. ✨

#Duopody #ClinicalReflexology #CAREA #CarerWellbeing #AlzheimersAwarenessMonth
#BrainAwarenessMonth #DementiaCarers #StressSupport #NervousSystemSupport
#ReflexologyUK



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Post #5: Brain-Body Connection - Dementia, Stress and the Body

For Alzheimer's & Brain Awareness Month, let's talk about the brain-body connection. 🌿

The brain, nervous system and body are constantly communicating. When we are stressed, grieving, overwhelmed, exhausted or under long-term pressure, the body often responds through tension, sleep changes, digestive disruption, shallow breathing or fatigue. As a Level 5 Clinical Reflexologist, I specialise in Duopody©.

Duopody© is different because it treats both feet simultaneously, allowing the body's reflected systems to be worked in real-time. 🦶 Using an anatomy-led approach, Duopody© supports the body as one connected system.

This may be especially helpful when the nervous system has been under prolonged demand, as the treatment can encourage relaxation, help reduce physical holding patterns and support a calmer internal state. ⚖️

Duopody© is not a spa treatment or foot massage. It is clinical reflexology, delivered with professional standards, safety checks and a clear understanding of reflected anatomy. To learn more or book your appointment, tap the link in bio. ✨

#Duopody #ClinicalReflexology #CAREA #BrainBodyConnection #BrainAwarenessMonth #AlzheimersAwareness #NervousSystemRegulation #ClinicalWellbeing #Level5Reflexology #ReflexologyUK

Post #6: 1 June - Global Day of Parents

Today is Global Day of Parents - and it is a gentle reminder that caring roles can place a huge load on the body, mind and nervous system. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

Parents and carers often carry constant vigilance: tight shoulders, shallow breathing, digestive disruption, poor sleep or a feeling of never fully switching off. Duopody© gives the nervous system a structured opportunity to settle, while the practitioner works through reflected anatomy with clinical focus and grounded touch. ⚖️

Supporting parents and carers is not indulgence - it is maintenance for the people who hold so much for others. Tap the link in bio to book. ✨

#Duopody #ClinicalReflexology #CAREA #GlobalDayOfParents #ParentWellbeing #CarerSupport #NervousSystemRegulation #ReflexologyUK



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Post #7: 8 June - Pride Month

June is Pride Month - a time to affirm dignity, inclusion and the right to feel safe in professional care spaces. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

A good treatment space should be respectful, boundaried and centred on the person in front of us. Duopody© supports the body through structured work on reflected anatomy, helping the nervous system move away from high-alert states and into a calmer rhythm. ⚖️

Inclusive practice is not an extra - it is part of clinical integrity, communication and trust. Tap the link in bio to book. ✨

#Duopody #ClinicalReflexology #CAREA #PrideMonth #InclusiveHealthcare
#LGBTQIAWellbeing #NervousSystemSupport #ReflexologyUK

Post #8: 15 June - Men's Health Week

Today Men's Health Week runs from 15-21 June - a reminder that many men delay seeking support until symptoms become harder to ignore. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

Stress, poor sleep, digestive tension, muscular holding, headaches and nervous system overload are all common reasons clients seek clinical reflexology support. Duopody© allows the practitioner to work through reflected anatomy in a structured way, supporting regulation, circulation, physical tension release and whole-body awareness. ⚖️

This is clinical, mapped, anatomy-led reflexology designed to work alongside medical care. Tap the link in bio to book. ✨

#Duopody #ClinicalReflexology #CAREA #MensHealthWeek #MensWellbeing
#StressSupport #Level5Reflexology #ReflexologyUK



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Post #9: 16 June - Learning Disability Week

Learning Disability Week runs from 15-21 June - a time to improve understanding of what accessible support really looks like. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

Clinical reflexology should be calm, respectful and adapted to the client's needs. For some people, that may mean clear explanations, extra processing time, consent checks, shorter sessions, sensory awareness or the presence of a trusted supporter. Duopody© offers structured, anatomy-led work that can help support relaxation and reduce physical tension.



Every client deserves care that is professional, accessible and person-centred. Tap the link in bio to enquire. ✨

#Duopody #ClinicalReflexology #CAREA #LearningDisabilityWeek #AccessibleWellbeing #InclusivePractice #NervousSystemSupport #ReflexologyUK

Post #10: 18 June - Autistic Pride Day

18 June is Autistic Pride Day - a day rooted in autistic acceptance, identity and respect. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

For many autistic clients, the nervous system may be working hard to process sensory input, transitions, social demand or masking. A well-held Duopody© session can offer predictability, clear consent, gentle communication and structured touch, supporting the body to soften from high-alert states and reduce physical tension. ⚖️

Clinical reflexology should never try to “fix” neurodivergence. It should support comfort, regulation and wellbeing. Tap the link in bio to discuss adjustments or book. ✨

#Duopody #ClinicalReflexology #CAREA #AutisticPrideDay #NeurodiversityAffirming #AutisticWellbeing #NervousSystemRegulation #ReflexologyUK



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Post #11: 21 June - Father's Day UK

Today is Father's Day in the UK - and for many people, it can bring love, gratitude, grief, pressure or complicated feelings. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

Fathers, father figures and those carrying family responsibilities often hold stress physically - in the shoulders, back, gut, breath, sleep and nervous system. Duopody© uses mapped reflected anatomy to support the whole body clinically, offering space for the body to release tension and move towards steadier regulation. ⚖️

Whether Father's Day feels joyful, tender or difficult, your body deserves support too. Tap the link in bio to book. ✨

#Duopody #ClinicalReflexology #CAREA #FathersDayUK #MensWellbeing
#FamilyWellbeing #NervousSystemSupport #ReflexologyUK

Post #12: 24 June - World Wellbeing Week

1World Wellbeing Week runs from 24-30 June and it is a timely reminder that wellbeing should be more than a nice idea. It needs practical support. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©.

Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

Duopody© is anatomy-led and clinically structured, using the podycharts to guide work across the reflected body systems. This can be especially helpful for clients experiencing stress patterns, fatigue, muscular tension, digestive disruption or difficulty switching off. ⚖️ Wellbeing is not only about relaxation. It is about helping the body return to a more regulated, functional and resilient state. Tap the link in bio to book. ✨

#Duopody #ClinicalReflexology #CAREA #WorldWellbeingWeek #ClinicalWellbeing
#StressSupport #Level5Reflexology #ReflexologyUK



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Post #13: 27 June - Armed Forces Day

Armed Forces Day is 27 June - a moment to recognise serving personnel, veterans, reservists and families connected to service life. 🌿

As a Level 5 Clinical Reflexologist, I specialise in Duopody©. Duopody© treats both feet simultaneously to reflect the systems of the body in real-time. 🦶

Service life can place significant demands on the nervous system and body: vigilance, disrupted sleep, physical strain, stress load and long-term holding patterns. Duopody© offers grounded, anatomy-led clinical reflexology that may support relaxation, reduce physical tension and help the body move away from persistent high-alert states. ⚖️

Duopody© works respectfully alongside medical, psychological and rehabilitation support. Tap the link in bio to ask about suitability. ✨

#Duopody #ClinicalReflexology #CAREA #ArmedForcesDay #VeteranWellbeing
#NervousSystemSupport #ClinicalReflexologyUK #ReflexologyUK



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