

# September 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 Suggestions | Description / Key Message                                                                                                                   |
|--------|-----------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| 1      | Hello September                                                             | 1st Sept         | Welcome a new month with a fresh focus on health, introducing Advanced Duopody to dynamically restore balance and relieve physical tension. |
| 2      | Duopody Reflexology: Elevating Client Outcomes Through Clinical Integration | Week 1           | Highlight an integrated, whole-person approach to healthcare, showcasing how dual-foot treatment complements existing medical support.      |
| 3      | Duopody Reflexology: Calming Your Nervous System                            | Week 2           | Address high-alert stress states and show how treating both feet in tandem helps transition the body into a calm, regulated state.          |
| 4      | Duopody Reflexology: Focus on Health Prevention                             | Week 3           | Frame clinical reflexology as a proactive investment in long-term health maintenance rather than an afterthought when feeling unwell.       |
| 5      | Duopody Reflexology: Circulatory & Lymphatic Health                         | Week 4           | Explain the connected nature of body systems and how simultaneous treatment supports overall circulation and fluid flow symmetrically.      |
| 6      | Migraine Awareness Week                                                     | 7th Sept         | Offer structured, supportive care for managing migraines, focusing on deep relaxation, nervous system regulation, and easing tension.       |
| 7      | World Suicide Prevention Day                                                | 10th Sept        | Highlight the link between emotional distress and physical body load, offering a safe, calm space to support mental and physical health.    |
| 8      | World Sepsis Day                                                            | 13th Sept        | Emphasise clinical responsibility, knowing when reflexology is unsuitable, and the vital necessity of urgent medical emergency care.        |
| 9      | World Reflexology Week                                                      | 21st Sept        | Kick off the awareness week by celebrating Level 5 Clinical Reflexology and the specialized, anatomy-led benefits of Advanced Duopody.      |
| 10     | World Reflexology Week: What Makes Duopody Different?                       | 22nd Sept        | Explain the difference between standard reflexology and Advanced Duopody, focusing on simultaneous treatment and complimentary care.        |
| 11     | World Reflexology Week: Anatomy-Led Reflexology                             | 23rd Sept        | Showcase clinical reasoning in action, detailing how treatments are tailored to individual health histories rather than generic routines.   |
| 12     | World Reflexology Week: Working Both Feet Simultaneously                    | 24th Sept        | Break down the science of why treating both feet in tandem mirrors the body's interconnected nervous and musculoskeletal systems.           |
| 13     | World Alzheimer's Day                                                       | 21st Sept        | Discuss how structured, person-centred care provides a calm, reassuring environment to ease stress for those living with cognitive changes. |
| 14     | World Heart Day                                                             | 29th Sept        | Focus on cardiovascular wellbeing by addressing persistent stress, using Advanced Duopody to encourage deep relaxation and regulation.      |

## Post #1: Hello September

 **September**

Hello September! 🍂 A new month and a fresh opportunity to prioritise your wellbeing. 🌿

As an autumn refresh 🍂, discover the powerful benefits of Duopody©. This advanced clinical reflexology technique addresses your body's needs dynamically ⚡, working both feet simultaneously 🦶 to restore balance ⚖️ and relieve tension. 🧘

Let's make this your healthiest season yet! ✨ Tap the link in my bio to experience a Level 5 approach to wellness. ➡️

#ClinicalReflexology #Duopody #CAREA #AutumnWellness #SelfCare



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## Post #2: Duopody Reflexology: Elevating Client Outcomes Through Clinical Integration

 **September**

Your health journey should be truly integrated. 🌿 For me, that means viewing you as a whole person, not just a symptom to be managed. 🤝

As a Level 5 Clinical Reflexologist, I specialise in Duopody©, an anatomy-led approach 🧠 where both feet are treated simultaneously. 🦶

This advanced method works *alongside* your other healthcare support 🩺 (like your GP, physio, or osteopath) to provide person-centred, interconnected care. ⚖️

Discover a smarter approach to your wellbeing. ✨ Link in bio to book your session! ➡️📱

#IntegratedCare #Duopody #ClinicalReflexology #CAREA #AnatomyLed



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## Post #3: Duopody Reflexology: Calming Your Nervous System

 17 September

Your autonomic nervous system works silently 🧠, managing stress, heart rate, and digestion. ❤️ But is it perpetually on high-alert? 🚨

If you're feeling constantly wired ⚡ or experiencing physical tension 🤖, Duopody© provides the structured, clinical support your body needs to reset. 🦶

By working both feet in tandem ⚖️, we help you shift from a state of stress 🤖 to a balanced, calm, and regulated state 🧘, promoting deep relaxation. ✨

Take a moment for yourself today. 🌿 Tap the link in my bio to book your clinical reflexology session. ➡️📱

#NervousSystemSupport #StressRelief #Duopody #CAREA #ClinicalReflexology



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## Post #4: Duopody Reflexology: Focus on Health Prevention

 17 September

True wellbeing is proactive, not reactive! 🌿 Looking after yourself shouldn't just be an afterthought when you're feeling unwell. 🩹

That's why regular, preventive care is a vital investment 💎 in your long-term health. Duopody© Clinical Reflexology is a proactive tool for managing physical tension 🧘 and allowing your body to recover from the demands of everyday life. 📱

Integrate an anatomy-led approach 🧠 into your routine to help you maintain a calm, regulated state. ⚖️

Take a proactive step today! ✨ Tap the link in my bio to book your health maintenance session. ➡️📱

#HealthPrevention #ProactiveWellness #Duopody #CAREA #Level5Reflexology



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## Post #5: Duopody Reflexology: Circulatory & Lymphatic Health

 17 September

Your body is an efficient, connected system 🧬, not a collection of isolated parts. 🌱

To support your vital circulatory ❤️ and lymphatic systems 💧, I use an anatomy-led, whole-body approach with Duopody©. By treating both feet in unison 🦶, I provide targeted support that reflects your connected systems symmetrically. ⚖️

This innovative method is designed to complement your existing healthcare 🩺, focusing on deep relaxation 🧘, reducing physical tension, and supporting your overall health flow. 🌿

Experience the difference of a smarter approach to reflexology. ✨ Tap the link in my bio to book. ➡️📱

#CirculatoryHealth #LymphaticSystem #Duopody #CAREA #IntegratedWellness



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## Post #6: Migraine Awareness Week

 21 - 27 September

Living with migraines is more than "just a headache." 🤯 It's a condition that can have a severe, all-encompassing impact on your daily life. 🌧️

As a Level 5 Clinical Reflexologist specialising in Duopody©, I offer structured supportive care 🤝 for those managing migraine. 🧠

My goal is to work alongside your medical treatment 🩺, providing a dedicated space for deep relaxation 🧘, nervous system regulation ⚖️, and easing the muscle tension 🧘 often caused by the constant worry of another attack. 🌿

Take some time to prioritise relaxation. ✨ Tap the link in my bio for supportive clinical reflexology. ➡️📱

#MigraineAwarenessWeek #SupportiveCare #Duopody #CAREA #ClinicalReflexology



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## Post #7: World Suicide Prevention Day

 10 September

This World Suicide Prevention Day, we are reminded of the critical importance of human connection 🤝 and reaching out. ❤️

As a clinical reflexologist, I recognise that emotional distress isn't just felt in your mind 🧠, but deeply held in your body through physical tension 🧘 and other physiological symptoms. 🌿

My role is to provide a calm 🧘, structured environment to support your physical and mental wellness. I offer precise care designed to help you relax ✨ and ease the physical symptoms of stress ⚖️, working respectfully alongside the professional mental health support you may need. 🩺

Please, reach out for the professional help you deserve. 💬 Your health matters. Tap the link in bio for supportive clinical reflexology. ➡️📱

#WorldSuicidePreventionDay #MentalHealthAwareness #Duopody #CAREA #HereForYou



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## Post #8: World Sepsis Day

 13th September

On World Sepsis Day, raising awareness saves lives! 🇬🇧 A critical part of my clinical practice is understanding when reflexology is *not* the appropriate intervention and recognising the need for urgent medical care. 🚑

Suspected sepsis is a severe medical emergency. ⚠️ You must always seek immediate medical diagnosis and treatment 🏥, and you should never let a reflexology appointment delay that essential care. 🩺

My commitment is to excellent clinical care 🤝, and that means knowing when to treat and when to refer. ⚖️ Tap the link in bio for Duopody© Clinical Reflexology and professional wellness support. ➡️📱

#WorldSepsisDay #SepsisAwareness #ClinicalResponsibility #Duopody #CAREA



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## Post #9: World Reflexology Week

 21 - 27 September

It's World Reflexology Week! 🎉 A time to celebrate reflexology and showcase the incredible progress in advanced clinical approaches. ☀️

As a Level 5 Clinical Reflexologist, I am proud to specialise in Duopody©, a method where both feet are treated simultaneously. 🦶 This innovative, anatomy-led technique works connected reflected systems 🌀 of the body together in direct sync, providing an extremely structured, tailored treatment plan specific to *you* and *your* needs. ⚖️

Discover a smarter, more integrated approach to your wellbeing. 🌿

Take your reflexology to another level ✨ tap the link in my bio to book! ➡️📱

#WorldReflexologyWeek #AdvancedReflexology #Duopody #CAREA #IntegratedCare



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## Post #10: World Reflexology Week: What Makes Duopody© Different?

 21 - 27 September

This World Reflexology Week, let's explore why all reflexology isn't the same! 🤔💬

As a Level 5 Clinical Reflexologist, I utilise Duopody©, an advanced technique where both feet are treated simultaneously. 🦶 This anatomy-led method works in complete harmony ⚖️, reflecting how your body's systems *actually* connect and interact. 🧬

My objective isn't to diagnose or replace medical treatment 🩺, but to complement your existing healthcare with precision. 🎯 I focus on promoting deep relaxation 🧘 and helping you move towards a calmer, more regulated state. 🌿

Ready to experience a more specialised approach? ✨ Tap the link in my bio to book your session. ➡️📱

#WorldReflexologyWeek #Duopody #ClinicalReflexology #CAREA #ReflexologyUK



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## Post #11: World Reflexology Week: Anatomy-Led Reflexology

 17 21 - 27 September

Reflexology isn't a one-size-fits-all treatment 🧩, and this World Reflexology Week, I'm explaining the powerful clinical reasoning 🧠 behind how I work.

As a specialist in Duopody©, I use a unique, anatomy-led approach treating both feet in tandem. 🦶 This technique is adapted specifically to *you*, your health history 📋, your current presentation, and your personal wellness goals 🎯 rather than just repeating a generic sequence at every appointment. ⚖️

Let's enhance your wellbeing 🌿 with precise, supportive care focused on nervous system regulation 🧘 and physical tension relief. 🧑🏻

Experience clinical reasoning in action! ✨ Tap the link in bio to book. ➡️📱

#WorldReflexologyWeek #ClinicalReflexology #Duopody #CAREA #TailoredCare



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## Post #12: World Reflexology Week: Working Both Feet Simultaneously

 21 - 27 September

Ever wondered why I work with both feet at the same time? 🤔 It's the most common question I get during World Reflexology Week! 🦶

The answer is simple: your body doesn't work in isolation. 🧩 Your nervous 🧠, digestive 🍏, and musculoskeletal systems 🦴 are always communicating, and Duopody© is an advanced clinical method that reflects that interconnected reality seamlessly. ⚖️⚡

My focus is providing structured support 🤝 that works alongside your healthcare 🩺 to encourage relaxation 🧘, ease tension, and help you find a calmer state. 🌿

Experience the interconnected difference. ✨ Tap the link in my bio to book. 📱

#WorldReflexologyWeek #ConnectedHealth #Duopody #CAREA #AdvancedReflexology



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## Post #13: World Alzheimer's Day

 21st September

Living with the cognitive changes 🧠 that come with Alzheimer's affects more than just memory. It creates profound shifts in routine, communication, sensory processing, and stress for both the individual and their support system. 💜👐

This World Alzheimer's Day, I am highlighting how a respectful, person-centred approach 🌱 can support your wellbeing journey.

Duopody© provides an extremely structured and caring environment 😊 designed to encourage profound relaxation 🧘, helping the body to settle into a calm and peaceful state. ⚖️ My focus is always on respectful communication, clear consent, and ensuring you have a supportive space. ✨

Tap the link in my bio to book your personalised reflexology session. ➡️📱

#WorldAlzheimersDay #PersonCentredCare #DementiaAwareness #Duopody #CAREA



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## Post #14: World Heart Day

 29th September

This World Heart Day, we are focusing on your cardiovascular health ❤️ and the powerful impact of managing daily stress. 🌿

While your heart health is always a matter for medical professionals 🩺, we can take a holistic approach to your overall wellbeing. 🤝 Long-term stress impacts you physiologically, contributing to persistent tension 🧘, poor sleep 😴, and a state of being "on alert." ⚡

As a Level 5 Clinical Reflexologist, I utilise Duopody® to provide precise, supportive care. ⚖️ By working both feet in unison 🦶, we encourage deep relaxation 🧘 and essential nervous system regulation as part of a balanced wellness strategy. ✨

Prioritise your heart health and your wider wellbeing today. ❤️ Tap the link in my bio to experience clinical reflexology. ➡️ 📱

#WorldHeartDay #CardiovascularHealth #Duopody #CAREA #Level5Reflexology



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