November 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 November	November	Encouraging seasonal self-check-ins as the days get shorter and routines change. Introducing DuoPody© as a distinctive reflexology approach that works both feet simultaneously.
2	Move for You	November	Connecting Movember with men's health and foot health. Highlighting the importance of looking after the feet that keep us moving and introducing the Level 5 practitioner's expertise in DuoPody©
3	Mates Are Good Medicine	November	Promoting friendship, open conversations and men's mental wellbeing. Encouraging men to check in with their mates while introducing DuoPody© as an opportunity to prioritise personal wellbeing.
4	Ask Him Twice	November	Encouraging meaningful conversations about men's mental health and reminding people to look beyond "I'm fine". Highlighting the importance of support, listening and complementary approaches to wellbeing.
5	Take Time for You	November	Addressing the tendency to put work, family and responsibilities first. Encouraging men to make time for themselves and introducing DuoPody© as a dedicated reflexology session focused on individual wellbeing.
6	Movember: Men's Health Awareness	November	Raising awareness of men's physical and mental health, including health checks and talking openly. Positioning DuoPody© as a complementary approach to wellbeing alongside appropriate medical care.
7	National Stress Awareness Day	4 November	Exploring how stress can affect both mind and body. Introducing DuoPody© as an opportunity to pause and relax, while recognising the role of wider approaches to stress management.
8	World Kindness Day	13 November	Celebrating everyday acts of kindness and encouraging self-kindness. Highlighting the importance of making time for personal wellbeing and introducing DuoPody© as one way to prioritise self-care.
9	World Diabetes Day	14 November	Raising awareness of foot health for people living with diabetes. Emphasising regular foot checks, healthcare guidance and the importance of assessing individual suitability before reflexology.
10	International Men's Day	19 November	Celebrating the men in our lives while highlighting men's wellbeing, positive role models and open conversations. Introducing DuoPody© gift vouchers as a thoughtful gift idea.

Post #1: Hello November

📅 November

🍂The clocks have changed, the evenings are darker and we're heading into the colder months. It's easy to get caught up in everyday routines and forget to make time for ourselves.

🌿 November is a good opportunity to check in with yourself and think about what your body needs.

DuoPody© offers a distinctive approach to reflexology, working both feet simultaneously to reflect the body's interconnected systems.

Sometimes, looking after yourself starts with making a little space for your own wellbeing.

✨ Curious about DuoPody©?

Tap the link in my bio to find out more, or send me a message.

#HelloNovember #DuoPody #ClinicalReflexology #Wellbeing #CAREA

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Post #2: Move For You

📅 November

👣 MOVE YOUR BODY. LOOK AFTER YOUR FEET.

From long shifts at work to gym sessions, running and weekend walks, our feet help keep us moving every day.

November brings Movember and an important reminder that men's health deserves attention, too.

⚖️ As a Level 5 qualified reflexologist, I specialise in DuoPody©, a distinctive approach that works both feet simultaneously. My training informs my approach to reflexology and the importance of considering each client's individual needs.

Your feet do a lot for you. Make their care part of your wellbeing routine.

📩 Want to know more about DuoPody©?

Get in touch and let's talk.

#Movember #MensHealth #FootHealth #DuoPody #ClinicalReflexology #CAREA

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Post #3: MATES ARE GOOD MEDICINE

📅 November

Sometimes, a proper conversation with a mate is exactly what you need. No judgement, no pressure to have all the answers, just someone willing to listen.

This Men's Health Awareness Month, check in with the men in your life. A simple "How are you, really?" can mean more than you think.

💙 Looking after your wellbeing can take many forms. If you're curious about trying something different, DuoPody© Reflexology works both feet simultaneously and offers a dedicated opportunity to focus on yourself.

Looking after yourself isn't a weakness. It's part of looking after your health.

👣 Interested in trying DuoPody©?

Send me a message to find out more.

#Movember #MensMentalHealth #MatesAreGoodMedicine #DuoPody #Wellbeing #CAREA

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Post 4: Ask Him Twice

📅 November

💬 **“I’M FINE.”**

We’ve all heard it. We’ve probably all said it, too.

But sometimes, the first answer isn’t the whole story.

This Men’s Health Awareness Month, remember to check in with the men around you. Give them the time and space to talk without feeling they have to pretend everything is fine.

💙 We all need different things at different times. For some people, having a little dedicated time away from everyday demands can be a welcome change of pace.

DuoPody© Reflexology is a complementary therapy that can sit alongside appropriate medical and psychological support.

Know someone who needs reminding that it’s okay to take care of themselves?

Share this post.

#Movember #AskHimTwice #MensMentalHealth #DuoPody #CAREA

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Post 5: Take An Hour For You

📅 November

⏳ **YOU DON'T HAVE TO EARN YOUR REST.**

Work. Family. Responsibilities. The endless list of things that need doing.

It's easy to keep putting yourself at the bottom of the list, especially when everyone else seems to need something from you.

But your wellbeing matters, too.

👣 A DuoPody© session gives you dedicated time with your reflexologist. By working both feet simultaneously, this distinctive approach to reflexology considers the body's interconnected systems.

You don't have to wait until you're running on empty to make yourself a priority.

✨ Ready to find out more? Tap the link in my bio or contact me directly.

#MensHealthMonth #SelfCare #DuoPody #ClinicalReflexology #CAREA #Wellbeing

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Post #6: Movember, Men's Health Awareness

📅 November

🥸 MOUSTACHES ARE OPTIONAL. LOOKING AFTER YOURSELF ISN'T.

Movember is about more than facial hair. It's an opportunity to talk openly about men's health, from mental wellbeing to physical health checks.

Whether it's booking an appointment you've been putting off, talking to someone you trust or paying more attention to your own needs, taking that first step matters.

🌿 My approach to DuoPody© Reflexology focuses on the body as a whole, working both feet simultaneously. It can form part of a wider approach to wellbeing, alongside appropriate medical care.

💙 When did you last make time for your own wellbeing?

📩 If you'd like to learn more about DuoPody©, drop me a message.

#Movember #MensHealthAwareness #MensWellbeing #DuoPody #ClinicalReflexology #CAREA

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Post #7: National Stress Awareness Day

📅 **4 November**

🌿 **NATIONAL STRESS AWARENESS DAY | 4 NOVEMBER**

A racing mind. Tense muscles. Trouble switching off at the end of the day.

Stress isn't always just in our heads. Our bodies can respond to ongoing demands, too, and recognising those signs is an important part of looking after ourselves.

DuoPody© works both feet simultaneously, offering a distinctive approach to reflexology that considers the body's interconnected systems.

✨ Many people value reflexology as an opportunity to pause and relax. It can complement other approaches to managing stress, including appropriate medical or psychological support.

What's one thing that helps you feel more settled when life gets overwhelming? Tell me in the comments.

#StressAwarenessDay #StressManagement #DuoPody #ClinicalReflexology #Wellbeing #CAREA

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Post #8: World Kindness Day

📅 13 November

💛 WORLD KINDNESS DAY | 13 NOVEMBER

A message to someone who's been quiet lately. A little patience when someone's having a difficult day. Taking the time to listen.

Kindness doesn't have to be grand to make a difference.

And here's a reminder we sometimes need ourselves: you deserve the same kindness you give to everyone else.

🌿 Making time for your wellbeing can be one way of showing yourself a little kindness.

DuoPody© Reflexology offers a different approach to treatment, working both feet simultaneously and giving you dedicated time with your practitioner.

✨ If you're curious about DuoPody©, have a look at the link in my bio.

#WorldKindnessDay #KindnessMatters #DuoPody #ClinicalReflexology #SelfCare #CAREA

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Post #9: World Diabetes Day

📅 14 November

💙 WORLD DIABETES DAY | 14 NOVEMBER

Your feet deserve particular attention if you live with diabetes.

Changes in circulation, sensation and skin integrity can affect foot health, making regular checks and appointments with your healthcare team especially important.

👣 If you're considering DuoPody© Reflexology, it's important to discuss your health with your practitioner before booking. Diabetes-related changes in foot sensation, circulation or skin integrity may affect whether treatment is appropriate.

DuoPody© works both feet simultaneously, but your individual circumstances and safety must always come first.

Your healthcare team remains central to your care. Reflexology is a complementary therapy and does not replace diabetes management or prescribed treatment.

📩 Have questions about whether a session may be suitable for you? Contact me before booking.

#WorldDiabetesDay #DiabetesAwareness #FootHealth #DuoPody #ClinicalReflexology #CAREA

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Post #10: International Men's Day

📅 19 November

💙 INTERNATIONAL MEN'S DAY

Today, we celebrate the dads, sons, brothers, partners, friends and colleagues who make a difference in our lives.

It's also an opportunity to recognise the importance of men's health, positive role models and creating space for men to talk openly about how they're doing.

Sometimes, the best thing we can do is remind the men we care about that their wellbeing matters, too.

🎁 **Looking for a thoughtful gift for a man who rarely puts himself first?**

A DuoPody© gift voucher could be a lovely introduction to a different approach to reflexology.

✨ Interested in a gift voucher for someone special? Message me to find out what's available.

#InternationalMensDay #MensHealth #DuoPody #ClinicalReflexology #MensWellbeing #CAREA

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