



~ Since 2002 ~

When Hand Heart & Sole Wellness was established in 2002, it was opportunity and desire meeting to create the “right time” to pursue a passion for learning about various natural methods and modalities to assist the body in its innate ability to heal itself.



Gina Bello founder of Hand Heart & Sole Wellness is a Certified Holistic Health Practitioner and Instructor. Body work and energy work specialties include Reflexology for feet, hands, ears, and Zone Therapy – Fitness for the Face™ (*fancy name for facial reflexology*), Swedish Table Massage, Chair Massage, Reiki, Ear Candling, is a Veteran Original IonCleanse® practitioner and the newest modality to be added is Thermal Palms Massage™ – it’s *BETTER THAN* hot stone!

In 1987, losing her mother to stomach cancer before her 50<sup>th</sup> birthday and learning that the “C” word meant the illness was terminal - with no hope and no options provided other than radiation therapy and new and relatively unknown chemotherapy – had a traumatic impact that left Gina wanting and needing to find answers.

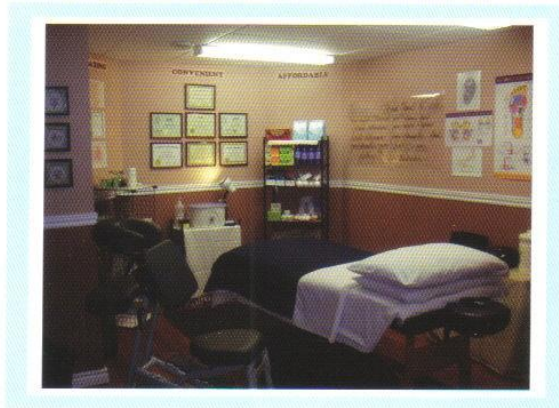
Not having easily accepted the untimely death of her mother, and not having yet discovered what “good” could possibly come from such a tragic event, it wasn’t until the opportunity to delve into holistic a.k.a.

“Complimentary and Alternative Medicine” (CAM), presented itself in 2001. Since her belief has always been that things happen for a reason, Gina seized the opportunity and made a career decision. Immersing herself into reflexology first after seeing first-hand how it helped to “heal” a family member, she soaked up information and thirsted to know all that she could to not only help her better understand but also to teach others about what contributes to deteriorating health. She quickly realized the importance of taking preventative health measures to ensure one “*doesn’t wait until something is broke before fixing it*”. This gave her a real sense of being able to help others, possibly prevent illness, and to share knowledge while educating about alternative healthcare practices available to them.

Upon establishing her holistic health practice, Gina began offering mobile service and providing relaxing, convenient and affordable holistic healthcare to individuals one-on-one in their own homes. Soon she began to market to businesses primarily to educate small to mid-sized companies where she taught employers that their greatest asset – their employees could be “well”, happy, healthy *and more productive* with regular on-site corporate chair massage for their staff\*. Whether on her own or with a talented team of associate practitioners, Gina and Hand Heart & Sole Wellness have helped many happy and satisfied clients on their road to restoring health and keeping well.

Gina made Milton her home, and in 2006 she settled here with a vision to create a “healing space” where clients would feel peaceful, at ease, comfortable and enjoy good, positive energy while restoring and improving their health naturally. Her @home clinic was professionally finished and the intention was set to become a trusted holistic health practitioner to the communities she serves.

Today, Hand Heart & Sole Wellness proudly serves the Milton and Oakville communities in two offices and hopes to be a partner in your quest for preventative health and stress management.



\* University of Miami School of Medicine Touch Research Institute, in Miami, Florida. Authors: Miguel A. Diego, Tiffany Field, Ph.D., Chris Sanders, Maria Hernandez-Reif, Ph.D. Originally published in International Journal of Neuroscience, 2004, Vol. 114, pp. 31-45.

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