

How to Order

To order Lafuma equipment, you can send us this form or call us free on **0800 970 1559**. Either way we'll tell you straight away if the item is in stock and what the expected delivery time will be.

Or if you are in or around Oxfordshire, why not drop in to see us and pick one up? Without the cost of delivery, the Lafumas are only **£105!** Call or e-mail us for directions.

cut here if you like

Send me a Lafuma!	
I want to order the following Lafuma products. I enclose a cheque / credit card details for the total cost shown below.	
<i>Signed:</i> <i>Date:</i>	
Please send me:	Please debit my <i>Visa / Mastercard / Delta / Switch</i> card for the total.
... Lafuma recliners at £115.00	Card No.:
... Lafuma chairs at £17.50	Start date: Expiry date:
... Lafuma stools at £11.00	Issue No.:
... Lafuma cases at £15.50	Name on card:
I reckon that makes a total of:	Billing address of card if different from address below:
£.....
Please also add me to your mailing list for
<input type="checkbox"/> introductory
<input type="checkbox"/> advanced courses <i>(please tick)</i>	
Your name:	Daytime telephone: <i>(this is important)</i>
Address for delivery:	

You can send this form postage free to:

Oxford School of Reflexology, FREEPOST (SCE 9903), Wheatley, OX33 1BR



LAFUMA RECLINERS INFORMATION SHEET



What's a Lafuma Recliner?

This is the standard folding couch that we use for reflexology training and treatments. It made a huge difference to training when we switched over from heavy massage couches - these recliners are lighter, more portable, take up less space when folded, and most importantly of all they are much more comfortable for the client.

We knew we had made the right choice of treatment couch when we took two to the Natural Health Show in Reading in October 2001, and of the 25 people who sat in them for introductory reflexology treatments, four placed orders for them without our even offering.

And what is more, when you are not using them for a treatment they make a great chair for relaxing in yourself!

Cost including delivery: £115.00

Lafuma stool

This stool is so light a child can lift it with one finger, yet when unfolded it is sturdy enough for a treatment. Plus, because it is so light you can move around on it almost as easily as on a wheely chair.

This is ideal if you are doing mobile treatments and do not want to rely on your patient having a suitable chair. But please note it is not a substitute for a proper chair in your own treatment room.

Delivery of a stool is free if you order it at the same time as a recliner as we can combine them into one package - otherwise please contact us so we can work out how best to get one to you.

Cost: £11.00

At the time of writing (September 2002), Lafuma chairs and carrying cases are "out of season". This is because Lafuma make them not for reflexologists, but for garden centres - so production only restarts at the beginning of 2003.

We have a standing order with Lafuma for any that become available, and we will be advertising in Reflexions magazine and on our web site as soon as they are in.

Lafuma Recliners - Frequently Asked Questions

Who buys them?

Most people who buy the recliners from us are reflexology students, because that's who we first started buying them in in quantities for. But more and more we are providing them for long-qualified therapists who want to replace their massage couches, and for members of the general public who have sat in them and fallen in love!

How small does it fold up?

When folded, the recliner will fit into a space 20 cm x 70 cm x 1 metre, or about 3'4" x 2'4" x 8". We have found it will fit into much tighter spaces than a massage couch, and of course it is much lighter, at under 8 kg, or just over a stone.

How heavy a client will it take?

The tough elastic around the outside of the recliner takes the strain from generously-proportioned patients. We've never had a client heavy enough to make it sag significantly. The only thing you might need to bear in mind is that if clients are broad in the beam to the point of being seriously obese, they might find the chair a bit narrow.

Won't their feet hang over the end?

They might begin to if the client is much over 6'3", but again we've never had a client who is too tall or too small for a Lafuma.

Does it need a removable cover?

Strictly speaking no, but it may be a good idea if you are doing anything involving oils for example. Otherwise couch roll might be sufficient. Ask us about the Lafumas in wipe-down fabrics.

We do use and stock a number of different couch covers - please call us if you are interested in one, as everybody's needs are different and the prices vary widely.

What else can they be used for?

Most people find they're great for relaxing in themselves as well as treating patients! They will fix at any angle of recline, so they are fine for the garden, watching television, or just taking a nap. We find they make great presents for pregnant friends or elderly relatives who need to be encouraged to take the weight off their feet!

What colours do they come in?

It's not quite "any colour you like as long as it's dark green". We keep the green ones in stock because nearly everybody finds this is the right colour for them. If dark green is not for you, please contact us about ordering in a colour more to your liking. This does mean that delivery can take longer, as they have to reach us from the manufacturer in France first. Unfortunately Lafuma can no longer export the white ones to the UK because of fire retardance regulations - sorry.

How long do they take to arrive?

If the item you want is in stock, we will usually send it out within 48 hours of receiving your order with payment. If you like, we will call you to let you know when it is on its way. Delivery usually takes up to three working days - faster or next-day delivery is available if necessary, but please call us to arrange this.

If you want us to order something in especially for you, such as a bright purple cover and knee roll (it has been known), we will let you know as soon as we can how long it should take.

What else do you stock?

All kinds of useful things for our own students and other therapists, like couch roll, Advanced Reflexology Treatment cream, books, charts, Australian Bush Flower essences, essential oils, Aloe Vera products... give us a call next time you run out of something.

And what about your courses?

High-quality courses in complementary therapies are our raison d'être - supplying the equipment for them is just incidental. We provide both advanced courses for already qualified therapists, and introductions for people wanting to find out more about specific practices. If you are not already on our mailing list, and would like to find out more, don't forget to tick the box overleaf.



OTHER LAFUMA COLOURS

We don't buy in the multi-coloured Lafumas as most people find them quite lurid and headache-inducing. But we can obtain them for you at a reduced price if you wish. Call us free on **0800 970 1559** to see what other plain colours we have already in stock.

