Stephenie A. Cooke INC

Barton, AR &
201 W. Broadway, Suite G-18
North Little Rock, AR 72114

- Located in the Riverview Suites building @ the corner of Broadway and Maple.
- Interior Suite down LEFT hallway.
- Clients may be met in the lobby PRIOR to appointments so the bathroom may be unlocked and used before proceeding to the clinic suite.

PAYMENTS:
Cash
Check to Stephenie A Cooke INC
Venmo
Paypal (add 3%)

SESSIONS:
by appointment
no-shows billed at rate scheduled

CURRENT PRICING:
$100 for a 1-hr. session
$140 for a 90-min session
Outcalls available for additional fee.

SCHEDULING:
Call/text 501-920-7729
Email: steph@stephenieacooke.com

Facebook: Stephenie A Cooke INC
Instagram: @msfootfanatic

foot fanatic
REFLEXOLOGY

REV 5.2026

Practicing bodywork since December 2000, Stephenie wants to help clients improve their vitality and quality of life.

She approaches her client-centered work with professionalism, ethical standards, dignity, and the utmost respect and gratitude for everyone gracing her doors.

The Reflexology and massage therapy services offered are typically more subtle with an energetic approach. All work is intended to help promote relaxation, a reduction of pain, improve circulation, and bring a greater sense of awareness to mind, body, and spirit.

Stephenie is an Arkansas based Massage Therapy Instructor (MTI) and has been a nationally board certified reflexologist (NBCR) since 2003. She is certified in a subtle approach to lymphatic drainage as well.

What is Reflexology?

Reflexology is a non-invasive form of body work which has been practiced worldwide for centuries.

Safe and effective for everyone, it is a protocol of manual techniques applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally. The effectiveness of reflexology is recognized by various national health institutions and the public at large as a distinct complementary practice within the health services field.

Reflexology may offer solutions for physical, emotional, psychological, or energetic challenges.