

Reflexology

by Vivienne



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What is Reflexology?

Reflexology is not a massage, but a specific pressure technique that works on precise reflex points found on the feet, hands, and ears that correspond to all tissues, organs, glands, and systems of the body. Reflexology on the feet is more appropriate and popular because the feet are easier and larger to work on than the hands. Hand reflexology is effective and wonderful, but because hands are so overused, the body's indications those imbalances are present, can be easily overlooked.

Foot reflexology, on the other hand, is the preference of most reflexologists because the feet reveal your body's subtle imbalances. Not only are the feet the most abused part of our bodies (shoved into ill-fitting shoes most of the time), but the most ignored (until they hurt!). It is only when they are "killing us," that we give our attention to our poor, overworked feet.

Walking an average of 65,000 miles in a lifetime (that's three times around the earth!), our feet deserve gentle, undivided, experienced attention by someone who cares about their welfare—your reflexologist. Through careful, gentle, and firm pressure using particular thumb and finger techniques, your reflexologist works each foot, encouraging your body to release stress, increase blood flow/circulation and balancing the energy flow of your body, mind and spirit. The physiological and psychological changes that take place in the body stimulate your body's own internal healing potential to restore balance and harmony as energy blocks are released.

Reflexology is a safe, non-invasive holistic and complementary therapy, suitable for people of all ages. Many find it deeply relaxing, often falling

asleep during the session. Above all, reflexology is a lovely, unique therapy which really promotes a sense of well-being.