

Reflexology

by Vivienne



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The Reflexology Treatment

Reflexology treatments can take up to an hour or more following an initial consultation (first session only, which takes about 15 to 20 minutes). I take a detailed case history, discussing your past and present health as well as your current lifestyle, before treatment starts. This gives me an insight into any areas that may need particular attention and give you a chance to ask any questions. I have my own reflexology chair and other equipment for on-site visits. Please contact me for details for on-site reflexology sessions at your home or office.

You will remove your shoes and socks and sit on a specially-designed reclining chair. It's a good idea to wear something comfortable that is loose around the waist and neck area so you can relax. The general appearance of your foot will be examined as any sores or corns cannot receive pressure.

I use my hands to apply pressure to all foot reflexes using a slow walking movement of the thumbs and forefingers (without lotions, oils or creams), paying particular attention to specific reflex points. This is combined with special foot massage techniques to stimulate lymphatic drainage and circulation. The pressure applied varies according to individual comfort and does not tickle the feet — no matter how ticklish you are! Several things begin to occur. These include the following:

- Relaxation, reduction of tension and stress
- Improved circulation and nerve function
- Help for the body to normalize itself naturally, without adverse side effects

- Alleviation of tension by clearing crystalline deposits under the skin which impede the natural flow of the body's energy. When these crystals are cleared the body begins eliminating stored toxins that it was unable to process previously.

Reflexology is also considered preventative care that contributes to good health by stimulating the natural healing power and strengthening the immune system. By the reduction of tension held throughout your body, reflexology encourages your entire body to return to a more balanced and harmonious state. Reflexology is not ticklish or painful. Any discomfort or tenderness you feel, comes from the congestion and tension in your body. As a trained reflexologist, I note those areas of soreness and work them out gently and thoroughly.

The application and the effects of the treatment are unique to each person. A professional reflexologist can detect subtle changes in specific points on the feet. Working these points assists your body in releasing long-held tension and imbalances in the corresponding organ or system of the body.

How will I feel after a reflexology treatment?

Usually after a reflexology treatment, you will feel very relaxed and your feet will feel light and tingly as if walking on air. After several treatments, your body may respond in a very definite way. Most people note a sense of well-being and relaxation; but sometimes people report feeling lethargic, nauseous, symptoms of flu/cold, and/or emotional and tearful, but this is transitory and is all part of the healing process as your body restores balance and harmony. The healthier you are, the less these symptoms occur. Many of these symptoms may be alleviated by listening to your body after the session, and continuing the relaxation process by resting, and drinking plenty of water/herbal teas to flush the toxins that have been flushed into your lymphatic system during the reflexology treatment. I also always advise drinking plenty of water to help your body flush out any toxins. The benefits of reflexology can last from days up to a week or more.

This is vital information to feed back to the reflexologist as it shows how your body is responding to treatment and this will help the reflexologist to tailor a treatment plan specific to your individual needs on each visit.

Reflexology is completely safe for everyone! The basic technique and the length of the session may, however, need to be modified for the very young, the elderly, or the extremely ill.

Above all, reflexology is a lovely and unique therapy, which really promotes a sense of well being.