

# Reflexology

by Vivienne



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## Who can benefit from reflexology?

Reflexology is suitable for people of all ages (including infants and the elderly!), and may bring relief from a wide range of acute and chronic conditions. After completing a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

Many people use reflexology as a way of relaxing the mind and body as well as counteracting stress. At the same time, ever increasing number of doctors, consultants and other health-care professionals recognize reflexology as a well-established, respected and effective complementary therapy to standard medical practices.

With rising levels of stress, it is important people take back power for their own health care needs and realize that they have more choices open to them. Reflexology helps us to cope better physically, mentally, and emotionally thereby encouraging us to heal and maintain health in all areas of our lives.

*\*\*\*Reflexology does not claim to cure, diagnose or prescribe.*