

## What is Reflexology?

Reflexology is a form of intense mini massage that involves applying pressure mainly to the feet to identify health symptoms and imbalances within the body to ultimately produce beneficial changes. Reflexology stimulates more than 7,000 different nerve endings on each foot in a single session.

## The origins of Reflexology

The roots of reflexology go back to ancient Egypt and China, but more recently William H. Fitzgerald, an ear, nose and throat doctor, introduced this concept of "zone therapy" in 1915.

American physiotherapist Eunice Ingram further developed zone theory in the 1930's into what is known as modern reflexology. She charted the feet in relation to the zones and their effect on the rest of the anatomy until she had evolved on the feet themselves a 'map' of the entire body. She wrote two books, *Stories the Feet Can Tell* (1938) and *Stories the Feet Have Told* (1963).

## How Does Reflexology Work?

By applying pressure to reflex areas, it can remove energy blockages and promote health in the related body areas.

## Benefits of Reflexology



## What is a typical session like?

A typical treatment is about 45 -60 minutes long. A consultation is needed for a full health history at the first session. This is to gain information about your health and lifestyle. The will be used to customise the therapy given.

A relaxing 10 minute foot massage is given before the treatment. Finger or thumb pressure is then applied to the foot using reflexology techniques.

Wax will be used during the treatment; specially blended with essential oils and foot spray to finish. Oils used will be dependent on any allergies or health conditions identified at the time of consultation.

## What does Reflexology feel like?

Most people find reflexology, for the most part, to be very relaxing.

Reflexology shouldn't be painful. If you feel discomfort, be sure to tell the reflexologist. She will work within your comfort zone and ask if the pressure is fine for you during the treatment.

Some areas may be tender or sore, and the reflexologist may spend extra time on these points. The soreness should decrease with pressure.

If you're ticklish, not to worry, the reflexologist applies firm pressure to the feet, so really doesn't tickle.

## How will I feel afterward?

Most people feel calm and relaxed after a reflexology session. Occasionally, some people will experience nausea, sleepiness or feel emotional - these are some of the effects to show that the therapy is working. An aftercare leaflet will be given to explain these symptoms to you.

## Possible Side Effects and Safety

Be sure to give a complete and accurate health history as the treatment may need to be altered. It's always a good idea to consult your GP before trying anything new, including reflexology.

If you have foot ulcers, a recent injury, foot or ankle wounds, gout, or a cardiovascular condition, reflexology may not be appropriate or safe. It may also not be right for people with diabetes, osteoarthritis (affecting the ankle or foot), circulatory problems, active infections, gallstones, kidney stones, or certain types of cancer.

Pregnant women should avoid reflexology.

## Why not treat a friend or a member of the family

Gift Vouchers are available for those who are difficult to buy for – what better than to give a gift that will benefit their health and well-being too.

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- Hopi Ear Candling
- Reiki
- Body Massage
- Indian Head Massage
- Spiritual Healing

Pamper Parties are available too for you and your friends with various treatments, massage options, angel card reading or henna tattoos.



## Reflexology

## Client Information

A relaxing therapy for your feet with whole-body and mind benefits

