

Reflexology

About Reflexology

Reflexology, which dates back to ancient China and Egypt, involves massaging or applying pressure to parts of the feet, or sometimes the hands and ears. The aim is to encourage a beneficial effect on other parts of the body, or to improve general health.

A central tenet of Reflexology is the idea that areas on the foot correspond to areas of the body, and that by manipulating these, health can be improved. Reflexology can therefore “tell” the therapist what’s going on in the recipient’s body.

What Is Involved?

For a treatment the recipient will be seated with their legs raised. Although able to remain fully clothed, recipients will be asked to remove all footwear. The reflexologist will gently massage specific areas of the feet using the thumb and fingers to stimulate nerves and circulation and free any blockages from the recipient’s foot’s reflex zones. If there are any blockages this may be a little uncomfortable but this discomfort should quickly wear off.

Benefits

- improves blood circulation
- toxins are removed
- stress is released
- helps relieve migraines
- relief from muscular tension
- helps relieve insomnia
- helps relieve asthma
- pain relief, e.g. back problems

Suitability

Reflexology is not suitable for people with:

- gout
- gangrene
- athlete’s foot
- fungal infection of the toe nails
- verrucas or corns
- very low blood pressure
- epilepsy but can be treated
- a recent injury, e.g. a broken bone

Advice

- remove glasses and jewellery before a Reflexology treatment. This will let the energy flow freely
- please advise the therapist if, at any time, they use too much pressure

Aftercare Advice

- If you are diabetic check your blood sugar levels
- rest if necessary
- drink approximately 2 litres of water daily; this reduces headaches, lethargy and digestive problems
- avoid stimulants such as tea, coffee, alcohol and nicotine
- eat light meals