



Reflexology

Based on an ancient Chinese therapy, reflexology involves manipulation of specific reflex areas in the foot, hands, and ears that correspond to other parts of the body. There are approximately 7200 nerve endings on the feet, and these relate to various organs and glands within the body. A mirror image of the body has been mapped on the feet and pressure applied on specific reflex points on the feet can affect the corresponding part of the body. Similar to acupressure principles, reflexology works with the body's energy flow to stimulate self-healing and maintain balance in physical function reducing pain, increasing relaxation, and stimulating circulation of blood and lymphatic fluids.

Indications for treatment might include stress induced illnesses, insomnia, migraine, asthma, menstrual problems, back pain, arthritis, smooth muscle pain, digestive disorders, including irritable bowel syndrome, circulatory disorders and fertility issues.

Sessions last an hour. Clients are asked to remove shoes and socks and lie on a massage table. The clinician applies thumb and finger pressure to the reflex points on both feet.