

Complementary Therapy Project

Reflexology

What is Reflexology?

Reflexology has been around for thousands of years and was practised by both the Ancient Egyptians and Chinese. Reflexology is a holistic therapy which helps to balance the body and stimulate the body's own natural healing abilities.

The treatment involves gentle pressure point massage to the reflex areas on the feet which correspond with various parts of the body. Consequently, not only the symptoms but also the causes of the condition receive treatment. Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing. Contrary to popular belief, because the therapy uses firm pressure, it is not ticklish.

What does the treatment involve?

At the start of the first treatment session, you will be able to sit down with the therapist and discuss any recent medical issues. The therapist will then ask you to remove your socks and shoes and to lie back on the massage couch.

The therapist will then apply pressure to the feet using their hands. The therapist will be able to detect tiny deposits and imbalances within the feet and by applying pressure will be able to detect subtle changes in specific points on the feet. By working on these points the therapist will be able to affect the corresponding organ or system within the body.

At the end of the treatment, or shortly afterwards, it is common for the individual to feel a deep sense of relaxation and well being. In the day or two following the treatment session, you may experience a mild healing reaction as the body systems balance themselves and clear unwanted toxins. You may also feel thirstier than usual. These are natural reactions as the body begins to heal and should disappear within a few days. The treatment session will last about 1 hour 15 minutes.

How does the therapy work?

Reflexology helps to balance the body by bringing it back into a state of equilibrium, the state in which the body's own natural healing response can work most effectively.

It is generally understood that reflexology works on subtle energy channels in the body similar to the channels used in acupuncture and acupressure. Reflexology has been shown to be a very safe and effective way of helping the body to heal itself.

What can Reflexology treat?

Reflexology is suitable for all ages and can be used to bring relief from a range of conditions including: • Migraine • Sinus Problems • Hormone Imbalances • Breathing Disorders • Digestive Problems • Circulatory Problems • Back Pain • Insomnia • Stress • Arthritis • Sleep Disorders • Sports Injuries.