

What is Reflexology?

Reflexology is a Holistic Therapy which works on the reflex points of the feet and hands that relate to all the organs/systems of the body.

By using precise finger techniques a Reflexologist can help in inducing relaxation, thus enabling the body to internally balance or Homeostasis as we know it.

Short History

Reflexology is an ancient gentle healing art. Its roots have been traced back to ancient times in Egypt, China and Africa. It was also part of the Native American Indian culture. Pictographs, from c. 2,000 BC, have been found in Egyptian tombs showing figures working the feet and hands as a means of promoting good health.

Reflexology was rediscovered in 1913 in the United States by an American surgeon, the late Dr. William H. Fitzgerald. He found that by applying direct pressure to one part of the body he could create a reaction in a corresponding part of that body within the same zone. Dr Fitzgerald called the science 'Zone Therapy'. In the 1930's the late Eunice Ingham, (a physiotherapist), further developed the study of Zone Therapy into Reflexology as we know it today. It was Eunice who determined that the reflex points on the feet and hands were an exact mirror image of the organs of the body.

What will happen when I go for a Reflexology Treatment?

An initial consultation questionnaire is completed in confidence. The form will include questions on your own health issues/ history, your lifestyle and diet.

Your Reflexologist will then discuss this with you before starting your treatment.

Note: It may be necessary to get your doctor's permission before treatment can commence.

A typical Reflexology session lasts 45 to 60 minutes. You are asked to remove your shoes and socks and then to sit or lie on a treatment chair or couch.

Your Reflexologist will sanitize and assess your feet.

Treatment will start with a few minutes of relaxing techniques on the feet. Following this, precise movements using gentle but firm pressure, will be applied over the entire foot-working on all the points corresponding to the organs/systems of the body.

Some of the benefits of Reflexology

1. Improves circulation
2. Induces relaxation
3. Reduces stress and anxiety
4. Improves energy
5. Regulates hormones
6. Balances acidity levels
7. Strengthens the immune system.

Reflexology rebalances the body's various systems so that they can all work in harmony, thereby helping the body to heal itself and alleviate discomfort.

The benefits of Reflexology are enhanced by regular treatments – as the effects are cumulative.

There are many other benefits which your reflexologist will outline to you in on-going discussion as treatments progress.

Reflexology is suitable for all ages.

