



Step to better Health through Reflexology

Reflexology is a simple, non-invasive, and effective form of healing. It is a science that deals with the principle that there are reflexes in the feet and hands that correspond to all the glands, organs, and parts of the body. By applying pressure with the thumbs or fingers to these reflex points, a qualified practitioner can alleviate or treat a range of conditions - stress, sinus problems, back pain, irritable bowel syndrome, migraine etc. Each reflex point reflects the state of the body part by its feel and condition. An experienced practitioner of reflexology can detect potentially "weak" areas before they start to cause problems thus helping a person to remain fit and healthy. These areas could manifest themselves as corns, bunions, calluses, warts, verruca (plantar wart), wrinkles, marks, pigmentation, feet malformations, abnormal condition and colour of toenails, altered texture of skin, extremes of feet temperature, abnormal odour, lack of flexibility of tendons and muscles, poor muscle tone and hard skin on various areas of the feet.

A qualified Reflexologist only uses his/her hands as no medication, drugs or tools of any kind are used.

There are no known side effects but treatment will not be given for example, where there is a contagious or acute infectious disease, gangrene of the foot or internal bleeding. Treatment is only given with caution in, for example, diabetes, and phlebitis, heavy use of medication, cardiac conditions recent surgery, and pregnancy, although a special trained Reflexologist is able to work through out the pregnancy. It helps with morning sickness, heartburn and installs general well-being throughout the pregnancy.

It is, therefore, very important to take a detailed history from the client prior to treatment. This knowledge, together with the evidence of the visual examination of the feet, could indicate whether contraindications would deem a reflexology treatment unwise or whether caution is required.

Reflexology is not a substitute for medical care and is not an alternative medicine rather a complementary therapy which complements medical practice. Reflexologists do not diagnose, do not profess to cure illness, do not treat medical conditions, and do not prescribe.

Reflexology therapy is excellent as preventative healthcare in bringing about deep relaxation and assisting the body in cleansing itself of toxins and impurities.

Energy pathways that have become blocked over many years are cleared of blockages and all body parts are allowed to have a free flow of energy. Circulation is improved with each treatment and the body's own defence system is activated. Reflexology is a holistic therapy and it balances the body physically, mentally and emotionally. One does not have to be unwell to benefit from the effects of a course of reflexology treatments.