



REFLEXOLOGY

Reflexology is a healing art and a scientific principal - not a foot massage. It has been used for over 4500 years, dating back to 2500 B.C.

The Reflexologist applies pressure to reflex points on the feet, hands and ears that correspond to a specific organ, gland, or body part. The thumb and finger-walking techniques used in reflexology involve direct application to the sensory nerves.

These nerve pathways create an electro-chemical flow that communicates with the entire nervous system. The sensory nerves carry information to the brain while the motor nerves carry information to the body, resulting in the release of essential chemicals that the body utilizes for health and well-being. Reflexology is gentle enough for children & elders.

Studies have found that Reflexology relieves stress and tension, stimulates deep relaxation, improves the blood supply and brings balance to the entire body. It can assist the body with the following ailments and many more:

- asthma
- arthritis
- stress
- depression
- high blood pressure
- neurological problems
- chronic pain
- gastrointestinal disorders
- pain
- recovery from surgery
- hormone imbalances



Reflexology may help to relieve discomfort and reduce inflammation due to some conditions of the feet. For example, heel bursitis which is when the fluid filled sac that protects the heel becomes inflamed and plantar fasciitis which is an inflammation in the fascia ligament located on the sole of the feet. Reflexology may also assist with neuropathy on the hands and feet by stimulating the nerve tissue and by relaxing the body.

