

Continuously adapting to life's physical and emotional challenges, our bodies are amazingly resilient. The different systems of the body communicate and work together to create the subtle adjustments that result in homeostasis (balance), through every minute of every day.

A reflexologist joins the silent dialogue within your body by the skillful application of pressure to specific points in the feet, hands, ears and/ or face. Reflexology is more than just a good foot rub. This complementary therapy has been practiced in diverse cultures for centuries. With a blend of balance, circulation and relaxation, the body may enter into a mode of healing itself. Reflexology may be used for preventive care or in response to emotional stress or physical problems. It is also classed a "complementary" therapy (something added for completeness) to any other therapies – i.e. medical or chiropractic, etc.

Reflexology promotes the body's ability to adapt and balance in times of stress. Most people in these busy times do not take time to relax and let go of tension and stress.

Reflexology has been shown to improve circulation thus increasing the supply of nutrients and oxygen to muscles and tissues thus aiding in elimination of the body's waste products such as lactic acid and stress hormones. As a result, muscle tension and soreness may be reduced. Healing time for injuries, skin tone improvement, immune function and concentration can also be improved when circulation is increased.

**Why are select areas of the body worked in reflexology – feet, hands ears and/or face?** On the soles of our feet, we have 7,000 nerve endings. These nerve endings become responsive to the sensory input of reflexology. The hands, ears and face we have similar "referral" reflexes to the same body parts as the feet thus they complement reflexology to the feet.

A reflexologist can send intentional messages to the nervous system through skilled touch to the feet, hands, ears or face when you are stressed, injured, or overworked. As a result, reflexology encourages "internal relaxation" to your body systems - something that no other modality can do. While a massage therapist works with and massages the structure muscles of the body, a reflexologist works with the systems of the body. As the body's waste crystals are broken from the nerve endings, relaxation occurs, toxins are ridded, circulation is increased and nerve blockages are diminished to internal body functions. Meridians are stimulated and unblocked.

**Your body is reflected in your feet, hand, ears and face.** Predictable changes occur in areas of the body that are referred from the feet, hands, ear and/or face.

Reflexology is used as a complementary care for a variety of health care conditions. Reflexology has been known to help elevate headaches, reduce pain from arthritis and back pain, ease PMS, reduce symptoms of diabetes, fibromyalgia, etc. If a body system is involved in illness, stress or injury, reflexology may help in many different ways through relaxation, nerve restoration and increased circulation. A person may also

experience increased energy, improved mood and improved sleep patterns.

In Europe, the National Health Service recognizes reflexology as a therapeutic modality. Reflexology is used on health issues from cancer to work related health problems with much success.

### **A Wholistic modality . . .**

It is important to understand that reflexology is a "complementary" therapy and improves the body as a whole with interrelated systems. Reflexology releases healing energies wherever the body needs it.

### **A reflexology appointment consists of the following...**

- ❖ The client completes a questionnaire. Answers to questions within the questionnaire assist the reflexologist with treatment.
- ❖ A relaxing atmosphere takes place with soft music and soft lights.
- ❖ You are seated in a LaFuma or table and have your socks and shoes removed. It is suggested that you wear loose fitting clothes. Please leave jewelry at home.
- ❖ The reflexologists applies pressure to all areas of your feet, then your hands, and ears and/or face.
- ❖ Your reflexologist may chart your sessions to aid with treatments.
- ❖ A foot soak and/or warm packs may be part of the treatment.
- ❖ Relaxation techniques are applied to the feet and/or face.
- ❖ Essential oils, lotions, etc may be applied to the feet following a session.

A reflexology session can feel like a full body massage without touching any other structure of the body. If an injury or sore

exists on the foot or hand, the corresponding foot or hand can be worked along with the referral areas.

### Reactions may include...

(The following are some health responses and a natural outcome of treatment. This response is due to toxin release in the body. Everyone will respond differently.)

- Symptoms may be slightly exacerbated (worse) for 24 hours (this indicated that the treatment is working)
- General aches and pains the following day after treatment
- Skin rashes
- Spots or pimples
- Great fatigue for approximately 48 hours
- Flu-like symptoms
- Increase gas or flatulence
- More ease and frequency of bowel movements
- In women, menstrual blood becomes more red and usually more profuse
- Much better moods
- Improved sleeping patterns
- More energy
- Relief from pain
- Joints appear more mobile
- In case of respiratory tract infections, mucopurulent (yellow or greenish) sputum becomes clear.

### How reflexology differs from massage

**(excerpt):** (© 1997 American Reflexology Certification Board – used with permission)

**“Application:** Applied to specific areas (usually feet, hands, and ears). To promote a response from an area far removed from the tissue stimulated via the nervous systems and acupuncture meridians.

**Techniques:** Uses small muscle movements primarily thumbs and fingers are used.

**Purpose:** To improve the function of organs and glands, and all systems of the body. Works with the function of the body.

**Benefit:** Total body relaxation leading to the balancing of all internal and external body systems; improving circulation via stimulation to the nervous and subtly energy systems.”

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Trained in the following methods:

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**Facial Reflexology\*\***

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**Infertility & Hormone Reflex Therapy**

**Praxis Vertebralis-Neuro Foot Reflexology\*\***

5 Elements and 12 Meridians pertaining to

Reflexology,

Father Josef Method,

Cranio-Sacral Method

The Flocco Method

R.E.S.T. (Release Emotional Stress and Tension)

Chi-Reflexology

Reflexotherapy of the Feet (with scar therapy)

Korean Hand Therapy (KHT)

Member of the I.I.R., A.R.T., I.C.R., I.R.A,  
R.A.A., R.O.W., N.C.R.A.

**Bolded - Certified in these methods**

\*National Board Certified Reflexologist

\*\* Instructor

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For Yesterday's and  
Today's Stresses . . .



# REFLEXOLOGY

(A Complementary Therapy -  
**Not** Massage or a Spa Treatment)

