

What Should I Expect From A Reflexology Session?

Reflexology sessions in general last from 30 minutes to an hour. It is a clothed session with only the removal of shoes and socks as a requirement. (Some massage therapists add it as a part of an overall massage session, so they will require the removal of additional clothing.)

A reflexologist will use a chair and at times a table. Some do use oil; however, this is a tool that is debated within the profession. Dry technique is common.

You should feel relaxation at the end of a session. How long that relaxation lasts is a good indicator of the effectiveness of the session. Make note of this and tell your reflexologist your response to the session; this can be helpful information.

How is the technique applied?

Pressure is applied to the feet and hands using specific thumb, finger and hand techniques. Stretch and movement techniques are utilized to provide relaxation to the foot.



What Will A Reflexologist Be Able To Tell Me About My Health?

Reflexology assessment takes place as stress cues are evaluated. Stress cues are parts of the foot or hand that show adaptation to stress. Adaptation is shown by visual signs such as callousing, knobby toes or bunions. Indications of stress are also seen as sensitivity to technique application or touch signs perceived by the reflexologist as technique is applied. The assessment of such stress cues allows the reflexologist to target areas of stress and to design a session of pressure technique application appropriate to provide relaxation specific to the individual. But remember a reflexologist cannot diagnosis or prescribe. Also remember reflexology is an adjunct to medical help, not a replacement for it. You should seek medical help if you have an urgent or acute problem.



Where Your Journey Begins

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Reflexology Benefits



A Healthy Foundation for Wellbeing



What Is Reflexology?

Reflexology is a gentle, non-invasive, totally holistic therapy based on the principle that there are reflexes in the feet, hands and ears that correspond to every organ, gland and part of the body. It is a whole body treatment – not just a foot massage.

In a reflexology treatment, pressure is exerted on these reflexes by the thumbs and fingers, combining this with massage, relaxation and joint mobilization techniques. The result is homeostasis (internal balance) in the body.

What Are The Benefits Of Reflexology?

Stress Reduction

When we are stressed, our body's defences break down and we become more susceptible to illness and disease. Reflexology reduces stress by generating deep tranquil relaxation, helping the body balance itself and allowing healing energy to flow.

Improved Circulation

Blood needs to flow freely throughout the body, carrying oxygen and nutrients to all the cells and removing the waste products of metabolism and other toxins. By reducing stress and tension, reflexology allows the cardiovascular vessels to conduct the flow of blood naturally and easily.

Stimulated Nerve Function

By stimulating more than 7,000 nerves in the feet, reflexology encourages the opening and clearing of neural pathways. It interrupts pain pathways, reducing pain.

Improved Immune System

Reflexology stimulates the lymphatic system, thus reducing risk of infection. It cleanses the body of toxins and impurities and also stimulates the production of endorphins, leading to an improved immune system and sense of well-being.

Increased Energy

Reflexology revitalizes energy throughout the body by relaxing and opening up energy pathways.



Reflexology Can Help With A Range Of Conditions

Some examples are:

- Allergies
- Arthritis
- Asthma
- Back Problems
- Blood Pressure
- Bowel Disorders
- Constipation
- Eczema
- Frozen Shoulder
- Gynecological Disorders
- Hay Fever
- Insomnia
- Knee Problems
- Multiple Sclerosis
- Muscle Tension
- Neck Problems
- PMS/Hormonal Problems
- Respiratory Problems
- Headaches/Migraines
- Stress Disorders
- Mood Disorders
- Thyroid Imbalance
- Pregnancy Related Ailments
- Diabetes
- Depression
- Restless Leg Syndrome