
WHAT IS REFLEXOLOGY?

Reflexology is the application of pressure, stretch and movement to the feet and hands to effect corresponding parts of the body. Reflexologists view the feet and hands as a mirror image of the body. By applying technique a reflexologist can break up patterns of stress in other parts of the body.

HOW DOES IT WORK?

Pressure applied to the feet generates a signal through the peripheral nervous system. From there it enters the central nervous system where it is processed in various parts of the brain. It is then relayed to the internal organs to allocate the necessary adjustments in fuel and oxygen, Finally a response is fashioned that is sent onto the motor system. This message is feed forward to adjust the body's tone or overall tension level. If applied properly the tone will reset itself to a lower operating tempo. A lower operating tempo means a lessening of stress and less wear and tear on the body's systems.

WHO CAN BENEFIT ?

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. After you have completed a course of reflexology treatment for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

While many people use reflexology as a way of relaxing the mind and body and counteracting stress, at the same time many doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.

With ever increasing levels of stress, it is important people take more responsibility for their own health care needs. Reflexology helps us to cope on a physical, mental and emotional level thereby encouraging us to heal and maintain health in all areas of our lives.

WHAT HAPPENS ON THE VISIT?

On the first visit, the reflexology practitioner will have a preliminary talk with you to determine your present and past health and lifestyle.

The reflexologist will then use their hands to apply pressure to the feet. The application and the effect of the therapy is unique to each person.

A professionally trained reflexologist can detect subtle changes in specific points on the feet, and by working on these points may affect the corresponding organ or system of the body.

A treatment session usually lasts for about one hour. A course of treatment may be recommended depending on your body's needs.

HOW WILL I FEEL AFTER TREATMENT?

After one or two treatments your body may respond in a very definite way. Most people note a sense of well-being and relaxation; sometimes people report feeling lethargic, nauseous or tearful, but this is transitory and is a part of the healing process.

This is vital information to feed back to the reflexologist as it shows how your body is responding to treatment. This will help the reflexologist to tailor a treatment plan specific to your needs.

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.

Finally enjoy the session. Be careful that talking doesn't interfere with the relaxation effect. Discussing world politics is probably something best left to another time.