

Reflexology is an ancient method of relaxing the body, balancing biological systems by stimulating reflexes with pressure, usually working through the feet. A healing art appropriate for everyone from babies to the elderly, reflexology can be preventative care and help alleviate ailments. The thousands of nerve endings in the feet are a microcosm of the entire body. When stimulated a physiological change takes place, like how a pupil of the eye reacts to light. The induced relaxation helps all the body systems to function efficiently. A relaxed body can heal itself.

Stress and tension affecting blood flow to tissues eases, increasing circulation and enabling the excretory system to eliminate toxins and impurities thoroughly. The stimulating physical pressure breaks up crystal deposits in the nerve endings that impede circulation and it also disrupts the pain cycle, helping the body relax. Sensing a clearing of congestion in the feet and a surge of vitality and well being, clients enjoy receiving regular reflexology treatments with its numerous benefits and may use it to speed recovery from illness and surgery, normalize blood pressure or reduce and relieve pain.