

## What is a session like?

Your first session will likely begin with a brief introduction to reflexology and your practitioner's work. You will then lie on a table or sit in a reclining chair, and your reflexologist will begin to apply thumb or finger pressure to each of your feet.

Responses to reflexology vary widely. Certain areas may feel more sensitive or tender than others. As your practitioner works the points in your feet and you begin to relax, the tenderness may begin to lessen. Because it is important to stimulate all the points, he or she will not avoid the tender areas, but will work within your comfort level in ways that minimize pain. Always tell your practitioner if you feel any discomfort so she or he can adjust your treatment.

After a session you may feel calm and relaxed, or you may experience a feeling of energy and rejuvenation. Some people initially experience fatigue after a session, but notice an increase of energy or a lessening of stress over the following hours or days.

The more often you receive reflexology, the more benefits you are likely to notice. Your reflexologist will help you decide the best frequency for appointments to meet your specific needs.

Your reflexologist will be happy to answer any questions and explain his or her background, training, certification, and experience. Always tell your practitioner if you are pregnant or have

a medical problem, so that she or he can adjust pressure and areas of focus.

By nourishing your mental health and physical vitality, reflexology can help you let go of tension and maintain your balance in meeting the demands and stresses of your daily life.

Please note, reflexologists do not give medical advice. Consult your primary care physician about specific health concerns.



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## Reflexology

An Ancient Healing Art  
of Mind, Body & Spirit  
Well-Being

We welcome the chance to help  
you live a healthier life

## Reflexology

Through the skillful application of pressure to specific points in the feet, a reflexologist joins in the silent dialogue within your body. Practiced in diverse cultures for centuries, reflexology is much more than a good foot massage. For either preventive care or in response to physical or emotional distress, reflexology has been observed to create physical changes that can bring about balance, ease, and healing.

### Why work the feet?

We have over 7,000 nerve endings on the soles of our feet, making them quite sensitive – and responsive to the sensory input of reflexology.

If you are stressed, overworked, or injured, a reflexologist can send a calm and intentional message to the nervous system through his or her skilled touch to the feet. Because your nervous system is designed to respond to new input, your reflexologist's relaxing touch refocuses your attention from the stress you've been experiencing. As you begin to unwind and enjoy new and pleasant sensations, tension decreases and pain subsides.

The feet are accessible and easy to work. You only need to remove your shoes and socks and your reflexologist can address the needs of your entire body. If your feet cannot be worked on for any reason, you can receive the same benefits from stimulating the reflexology points in your hands.

An abundance of evidence compiled over centuries from such diverse areas as Egypt, India, Japan, China and Europe suggests that your body is mirrored in your feet. That is, when pressure is applied to the feet, predictable positive changes occur elsewhere in the body.

### Promoting your good health

Reflexology promotes the body's marvelous ability to adjust and balance during times of stress. Simply taking time out to relax can help you let go of tension and enjoy a feeling of restored balance in your mind and body.

Beyond relaxation, reflexology has been shown to increase circulation. Increasing circulation boosts the supply of oxygen and nutrients to your muscles and other tissues and speeds the elimination of waste products such as lactic acid and stress hormones. This, in turn, reduces muscle tension and soreness, decreases healing time for injuries, and reduces swelling from injuries or illness. Immune function, skin tone, and the ability to concentrate also improve when circulation is increased.

## Map of the Feet

A trained reflexologist understands the relationship between areas in the body and the reflexology points shown on the map at right.

A session includes pressure to all the points, benefiting the entire body.



### Reflexology in health care

Because it promotes overall health, reflexology is used as complementary care for people with a variety of conditions. For example, reflexology can help alleviate headaches, reduce arthritic and back pain, decrease the symptoms of addiction withdrawal, ease the swings of premenstrual syndrome, and reduce the symptoms of diabetes.

### A holistic approach

When considering reflexology as complementary care, it is important to understand that reflexology approaches the body as a whole with interrelated systems. For example, applying pressure to the sinus points by themselves will not necessarily relieve a headache. Your reflexologist stimulates all your reflex points, enabling your body to mobilize healing energies wherever in the body they are needed.

