

# TREATMENT

After an initial 15-minute consultation, reflexology treatments normally take about an hour. I take a detailed case history, discuss your past and present health, as well as your current lifestyle before starting your treatment. This gives me an insight into any areas that may need particular attention and gives you a chance to ask any questions. I have my own reflexology chair and other equipment for home visits. Please contact me for details for on-site reflexology sessions at your home or office. After removing your shoes and socks, you sit on a specially designed reclining chair. It's ideal to wear something comfortable, loose around the waist and neck area so you can relax. I always examine both feet to note any sores, corns, and calluses since they can impact the reflexology results.





## Reflexology offers:

- Relaxation and reduction of tension and stress;
- improved circulation and nerve function;
- help to the body in normalizing itself naturally without adverse side effects;
- clearing of crystalline deposits under the skin which block the natural flow of the body's energies. When these crystals are cleared, the body begins eliminating stored toxins it was unable to process previously.



Reflexology is also considered preventative care. It stimulates body's natural healing power while strengthening the immune system and facilitating a more balanced and harmonious state. Reflexology is not ticklish or painful. Any discomfort or tenderness you feel comes from the congestion and tension in your body.





As a trained reflexologist, I note those areas of soreness and gently, but thoroughly work them out. The application and effects of the treatment are unique to each person. A professionally trained reflexologist can detect subtle changes in specific points on the feet, and by working these reflexes can assist your body in releasing long-held constriction and imbalances in the body's corresponding organs or systems.



## **WHAT WILL I FEEL AFTER TREATMENT?**

Usually after a reflexology treatment, you will feel very relaxed and/or energized, and your feet will feel light and tingly as though walking on air. After several treatments, your body may respond in a very definite way. Most people note a sense of well-being and relaxation, but sometimes people report feeling lethargic, nauseated, or feeling symptoms of flu/cold, and/or are emotional and tearful. All these symptoms are temporary and are all part of the healing process. The healthier you become, the less often these symptoms occur. Many of these symptoms may be alleviated by listening to your body after the session, resting and drinking plenty of water/herbal teas. These steps will help flush the toxins from the lymphatic system that were released during the reflexology treatment. The benefits of reflexology can last up to five days or more.

Anything you experience post-session is vital feedback for the reflexologist as it shows how your body is responding to treatments. Reporting back allows the reflexologist to tailor a treatment plan specific to your individual needs for subsequent sessions. Reflexology is completely safe for everyone! The basic technique and the length of the session may, however, need to be modified for the very young, the aged or the extremely ill. Above all, reflexology is a lovely, unique therapy which promotes an overall sense of well-being.

