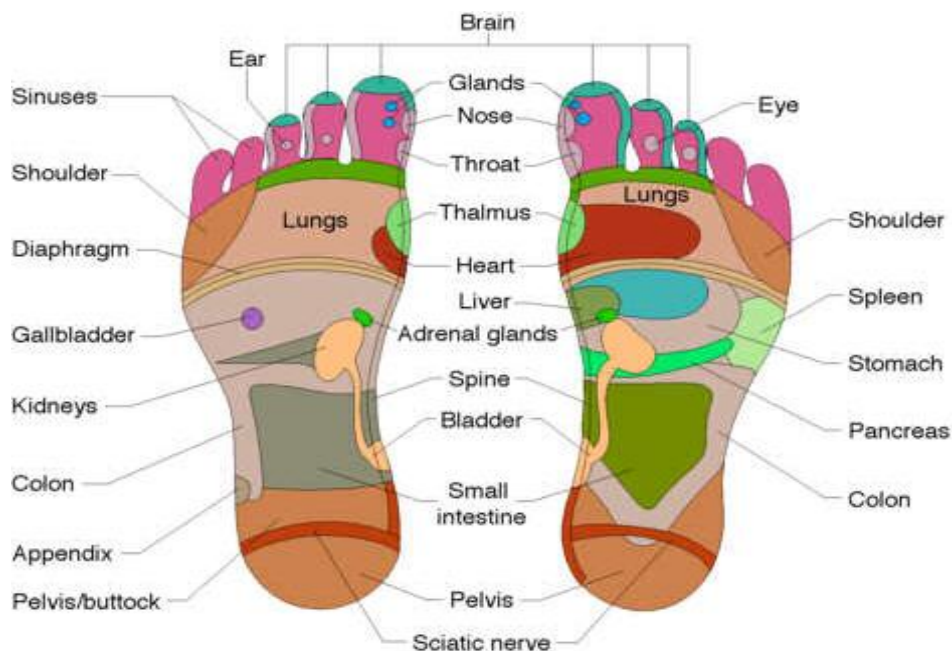


## Reflexology (Massaging the Feet)

Reflexology, which had its roots in ancient Egypt, and has since been developed by the Chinese into a diagnostic tool of Chinese Medicine, works on the principle that every organ and system of the body has a corresponding point or zone in the feet. For example, the spot in the centre of the big toe corresponds to the pituitary gland, and on the ball of the foot underneath the big toe there is a point that corresponds to the thyroid and parathyroid glands. The chart below gives a simple explanation.



### How does it work?

A reflexology trained Practitioner uses light pressure to massage each of the points in the toes, feet and ankles to release tension, remove energy blockages, disperse accumulations of calcium and uric acid, stimulate blood circulation and promote healing of both body and mind. It is not the same as a light foot massage one would get with a Pedicure, and can be quite painful at times. Some have described it as excruciating, but the resultant corrective effect can be worth a little pain. Men are such wimps!

### What does it involve?

The Practitioner will begin by taking details of the Client's medical history and lifestyle. The Client will be asked to remove only their footwear (socks, stockings and shoes). It may be necessary to wash the feet and ankles. The Client, fully clothed apart from their feet, will lie on a massage couch whilst the Practitioner works on their feet and ankles; using fingers, knuckles, and sometimes pebbles or wooden tools.

Gentle pressure is applied to each pressure point and, where there are corresponding physical problems, the Client may experience some discomfort and/or the Therapist may

feel some blockages in the area. For example, when the Practitioner touches the reflex point that corresponds to the gall bladder, if the Client has a problem with that organ, then some discomfort may be felt in the foot.

Generally, most Clients report that a reflexology treatment is wonderfully relaxing and soothing, and many people fall asleep. (I can assure you, that a session with a Chinese University trained Reflexologist never left me relaxed and falling asleep, but the resultant correction achieved was fantastic.) Each session will last about an hour and, in most cases, a series of sessions are necessary to resolve deep seated problems. Some Clients book a regularly weekly or monthly session as a preventative measure, to keep their systems balanced and in good working order.

### **What is it good for?**

Reflexology can be used to treat a wide range of disorders including skin and respiratory conditions, migraine, PMS and menopausal problems, chronic fatigue, stress, depression and anxiety. It has been known to identify internal physical problems that may require further medical investigation by a Doctor.

### **What are the benefits?**

Reflexology can be used both to help with conditions such as, for example, eczema, bronchitis or insomnia for which the Client is seeking immediate treatment; or it can be used to keep the body's energy flowing and the mind in balance.

### **What are the side effects and when should it be avoided?**

Reflexology should be avoided during the first three months of pregnancy. As part of the balancing process, some Clients find that reflexology encourages the elimination of toxins from the body. Therefore, as this could interfere with any medication you are taking, it is very important to inform the Practitioner of any medicinal treatment you are receiving.

Also, be sure to tell the Reflexology Practitioner if you have a pacemaker, kidney stones or gallstones. If you have a health problem such as high blood pressure, thyroid disease or diabetes; or you have a foot injury, phlebitis, thrombosis or blood clots, it may be necessary to have a chat with your doctor before booking a reflexology session.

Some Clients report that, immediately after a reflexology treatment, they feel very relaxed and sleepy and just want to go home and lie down. Reflexology is suitable for everyone, except those people who dislike having their feet touched.

### **Fees**

A typical session at **Amber Health & Beauty** costs £22.00 and a course of three (3) is charged at £60.00. **Phone 01752 251552 to make an appointment – now.**