

## **What is Reflexology?**

Reflexology is a wonderful simple form of natural, complimentary and holistic healing. It is a practice of applying pressure to the feet to break up and remove blockages in the body and restore proper circulation of blood to any given area.

Reflexology works as the pressure techniques applied to the feet or hands interact as a part of the body's nervous system creating: relaxation, improved circulation, exercise of the nervous system and the benefits of touch. Crystalline deposits form wherever there is a blockage of blood or energy. Using special techniques, these deposits can easily be broken up and released into the blood stream for proper elimination.

## **What are the benefits of Reflexology?**

- Creates relaxation & reduces stress
- Improves blood flow / circulation
- Stimulated nerve function encouraging the opening and clearing of neural pathways
- Improved immune system & increases energy
- Aids post-operative recovery & reduces pain
- Impact on physiological measures (i.e. blood pressure & cholesterol)
- Benefits mental health & stress disorders
- Compliments cancer care (i.e. pain, nausea & vomiting)
- Also assisting in conditions such as Allergies, Arthritis, Muscle Tension, Thyroid Imbalances, Bowel Disorders, Constipation, Insomnia and PMS / Hormonal Disorders and much more.