



We abuse our feet, you know how good it feels to take off your shoes and socks and wiggle your toes, let the air get to them, even put them up, it feels wonderful to free your feet.

### **Reflexology is foot freedom and more!**

Reflexology is the technique of applying gentle pressure to the reflexes on the hands, feet and face, resulting in the recipient feeling deeply relaxed and the body's own healing process being activated to help bring the person's state of well-being back into balance. Each reflex point relates to various organs, glands and body parts and has an effect on their function.

The surface of the face, soles of both feet and the palms of both hands are mirror images of the whole body because it is here that energy terminates and the reflexes are found. Energy blockages in any of the ten zones will be sensitive and sometimes painful to the person being treated, but will ease as the blockage is cleared. Congestion in the zones can have many causes, including stress, poor diet, a hectic lifestyle, not drinking enough water and emotional upset to name a few.

Many people experience tremendous daily pain in their feet, and tune it out of their conscious awareness with a neurological process known as adaption. Yet even without awareness, constant pain takes its toll in muscle tension elsewhere in the body – especially in the neck and shoulders, and in increased fatigue and irritability.

Clients often express amazement at how much their feet needed reflexology and how little they realised it. A client recently said to me after his treatment "You don't realise how tired your feet are until one foot has been treated - you can feel how tired the other foot is in comparison"

### **What happens when I go for a treatment?**

Your first treatment includes a full and confidential consultation; this enables me to establish your medical history, any medication you may be taking, medical conditions, general health and lifestyle etc. so that I am able to establish the most beneficial treatment plan for your needs.

The only clothing you will need to remove is your socks and shoes. Pressure is applied to the feet and lower leg, the experience should be relaxing but you may feel areas of mild discomfort during treatment which will indicate blockages are present. If you are having Facial Reflexology, no clothing will need to be removed, only jewellery that is worn around the neck and any earrings or facial piercing jewellery.

Each treatment lasts approximately 1 hour unless you have booked a 30 minute session. Your first treatment will last approximately 90 minutes to incorporate the consultation.

I will provide you with an aftercare sheet after your first treatment with me so that you have something to refer back to, as it's easy to forget information when you feel so relaxed.

I always encourage my clients to drink plenty of water after treatment to help the body flush toxins. Everyone responds differently to reflexology, particularly after the first few treatments. You may have a greater sense of wellbeing, increased energy or feel totally relaxed. You may also feel lethargic, sleepy or tearful – particularly if your hormones were out of balance, but this is usually short lived. A client recently said to me 'I feel like I could climb Mount Everest, I've got so much more energy' after her first session, which wasn't bad considering she indicated her energy levels were zero when I asked during her consultation!

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