

# Reflexology

The first recorded use of Reflexology dates back at least 5000 years to the Chinese. The ancient Egyptians were also known to use this method of treatment. In 1913 Dr W H Fitzgerald established that the feet and hands are divided into zones of energy with reflex points that mirror the physical body and that by finger pressure massage to the corresponding reflex point, all parts of the body are treated.

Treatment aims to improve both physical and emotional health by bringing the body back into harmony.

## **What Reflexology does:-**

- Reduces stress and induces deep relaxation
- Improves circulation
- Stimulates lymphatic drainage
- Strengthens immune system
- Cleanses the body of toxins and impurities
- Balances the whole body system
- Revitalises energy
- Preventative health care
- Brings relief to a wide range of conditions including high blood pressure, migraine, arthritis, back pain, sinus and menstrual disorders.

A confidential health consultation is taken on first visit. Treatments last approximately 1 hour. Four treatments are recommended initially to bring harmony/balance to the body systems.