

What is Reflexology?

Reflexology is a non-invasive natural healing therapy, which is holistic in nature. Holistic therapy is a general term meaning treatment that is therapy for the individuals' body, mind and spirit.

Reflexology treats the whole being on various levels. The principles of Reflexology are grounded in a knowledge base that dates to thousands of years, including ancient Egypt and China.

Essentially, the feet and hands are treated according to a knowledgebase that includes the therapists understanding of how the energy in our bodies moves in 'meridians' or zones.

What can this therapy treatment do for me?

A trained Reflexologist knows that the body's waste products can form deposits on nerve endings, which in turn can block the natural flow of energy to other parts of the body. For example, our feet alone have over seven thousand nerve endings. The manifestation of deposit blockage can lead to pain or functional limitations elsewhere such as the neck or back. The body's natural healing ability is impaired.

Reflexology practitioners will provide knowledgeable gentle massage stimulation of nerve endings to increase blood circulation, which leads to elimination of toxins via the lymphatic circulation path. Thus, the body is encouraged to heal itself naturally.

Reduction of stress is achieved due to the deep, satisfying relaxation, which usually occurs during treatment. Our emotions are tied to our body feelings and therefore a state of physical relaxation can produce significant reduction of mental stress.

What is the process?

On your first visit you and I, your practitioner, will discuss what you wish to get out of your therapy. For example, you may discuss relevant information regarding injuries, stress, sleep disorder, illness or disease. Problem areas are noted and treatment begins.

Your treatment is typically 15 minutes, one half hour or an hour long depending on what you and I, your therapist, agree upon. Continued dialogue after the first treatment will give your therapist important information on how your body is responding. The goal is to provide safe and effective treatment, which encourages your body to harmonize imbalances and restore the natural healing paths your body requires.



Therapeutic Massage

Jen Taylor, Licensed Massage Therapist

www.JenTaylorMassage.com

847-361-8554