

## *What should you expect?*

To receive reflexology, you will lie on a table or sit in a reclining chair, and your reflexologist will apply thumb or finger pressure to each foot. Certain areas may feel more sensitive than others. The tenderness often decreases as your practitioner works your feet and you begin to relax.

Because it is important to stimulate all the points, your reflexologist will not avoid the tender areas, but will work within your comfort level. Speak up if you feel any discomfort so she or he can adjust your treatment. Also tell him or her if you are pregnant or have a medical condition.

Responses to reflexology vary widely. After a session you may feel calm and relaxed, or you may experience a feeling of energy and rejuvenation. Some people initially experience fatigue after a session, but notice an increase of energy over the following days.

The more often you receive reflexology, the more benefits you are likely to notice. Your reflexologist will help you decide the best frequency to meet your specific needs. As you begin to experience feelings of well-being from your sessions, you may become more aware of how it feels to be truly relaxed. This can help you recognize areas of tension, so you can take steps to release them in your daily life.

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*My reflexologist taught my daughter and me how to work on each other's feet. Getting my feet worked on relaxes my entire body.*  
—Lorraine, Age 46, Clerk

## *The gift of reflexology*

Reflexology is a unique and holistic way to support your good health and help you feel better. By nourishing your mental and physical vitality, reflexology can help you let go of tension and maintain your balance in meeting the demands and stresses of your daily life.

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# *Reflexology*



*A holistic approach  
to health and  
well-being*



Our bodies are amazingly resilient, continuously adapting to physical, mental and emotional challenges. Every minute of every day your body's systems work together to create the subtle adjustments needed for good health. By using skillful pressure to specific points in the feet, a reflexologist joins in the silent dialogue within your body.

Reflexology feels good, but it is much more than a good foot massage. For either preventive care or in response to health challenges, reflexology supports balance, ease and healing.

### Why work the feet?

**We have over 7000 nerve endings on the soles of our feet.** This makes them quite sensitive and responsive to the sensory input of reflexology.

**Your nervous system mobilizes around new sensory input.** For instance, when you bang your elbow, your whole body responds. You jump, your heart races, you may yelp in pain. This principle also works for positive input. That is, when your reflexologist slowly and intentionally works your feet, your whole body relaxes, allowing tension and pain to subside.

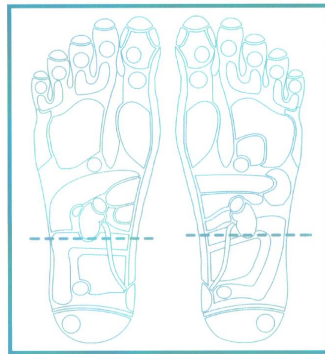
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*I have fibromyalgia and get migraine headaches. After getting reflexology, I have less pain for 2 to 3 days. The sessions fight stress and help clear my mind. —Linda, Age 50, Librarian*

**Your body is reflected in your feet.** Years of experience by reflexologists and recipients alike suggest that when pressure is applied to the feet, predictable positive changes occur in specific areas elsewhere in the body.

**Reflexology has been shown to improve circulation.** Circulation carries oxygen and nutrients to your tissues and carries wastes away. Improved circulation can result in decreased muscle tension and soreness, and reduced swelling from injuries or illness. Immune function, skin tone and the ability to concentrate also improve when circulation is increased.

**The feet are accessible and easy to work.** Just remove your shoes and socks and your reflexologist can address the needs of your entire body. If your feet cannot be worked for any reason, you can receive the same benefits from stimulating the reflexology points in your hands.



*A reflexologist can explain how these points correspond to your body. A session addresses all the points to support the entire body.*

### A holistic approach

Reflexology approaches the body as a whole with interrelated systems. This means, for example, that working the sinus points alone does not necessarily relieve a sinus headache. Your reflexologist stimulates all the reflex points, supporting overall well-being and enabling your body to concentrate healing energies wherever they are needed.

### Reflexology in health care

Reflexology is used as complementary care for people with a variety of conditions. For example, reflexology can alleviate headaches, reduce arthritic and back pain, give support during addiction withdrawal, ease premenstrual discomforts, and reduce the symptoms of diabetes.

In Switzerland, nurses working with terminally ill cancer patients routinely use reflexology to decrease pain and make patients more comfortable. In Great Britain, reflexology is part of the National Health Service. A number of employee health programs in Japan and Denmark now include reflexology.

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*When I had surgery on my sinuses, the swelling went down right away when I had reflexology. And it helped me get my energy back while I was recovering.  
—Rocky, Age 29, Office Manager*



