

WORLD REFLEXOLOGY WEEK 21st to 27th SEPTEMBER 2008

**An opportunity to find out more about
Reflexology in your area**

What is Reflexology?

Reflexology is a natural therapy based on the principle that points on the feet and hands correspond to specific organs and areas of the body. These points are called “reflexes”. The reflexologist uses their hands to apply pressure to these reflexes.

What is involved in a Reflexology treatment?

To ensure there are no contra-indications to treatment a short discussion takes place covering medical history, lifestyle, diet, stress levels etc. This is followed by a relaxation sequence and the treatment routine carried out on the feet (or hands). Reflexology is an holistic therapy treating the whole person rather than any symptoms the client may be experiencing. Reflexology can be used for relaxation, and to help promote good physical, mental and emotional health. Reflexology helps the body release tension, eliminate toxins and stimulates the body’s natural healing mechanisms.



Local Reflexology Practitioner/s:

**PLEASE SEE
YELLOW PAGES**