



## Massage for Body & Feet

...cuz you are worth it!

### REFLEXOLOGY

When people hear the word “reflexology,” they think about feet. Did you know there is also hand and ear reflexology?

#### **First, let’s consider your feet:**

I LOVE FEET. They are an incredible part of our body and are worthy of our attention and self-care.

Think about your entire body: Your feet represent only 2% of the body. Every day they carry 98% of your body weight to work, to school, to the store, to the gym. Wow!



Do you have foot pain?

Both Massage & Reflexology can help.

See “Massage” for more information on foot pain.

<http://massage4bodyandfeet.com/images/massagelink.pdf>

#### **Second, there is a different between massage and reflexology:**

Clinically, massage is direct manual manipulation of muscles and tissue with a major emphasis on the muscular, circulatory and lymphatic systems.

Reflexology uses gentle techniques on the feet, hands and outer ear to bring an overall sense of relaxation, freeing the body to heal itself physically and emotionally. Specific physical concerns throughout the body can be address via this touch without actually touching that part of the body.

#### **Third, what is reflexology and how does it work:**

## Reflexology: The Doorbell "Definition"

Think about a doorbell. You push on one spot and it sends information to a different spot. Likewise, in reflexology, you may touch one place on the foot and it sends information to another part of the body.

The wonderful thing about reflexology is that it may not only reduce your stress, but it may also help relieve foot pain and affect the health of the rest of your body!

## Reflexology: The Academic Definition

***"Reflexology is a protocol of manual techniques, such as thumb and finger-walking, hook and backup and rotating-on-a-point, applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally.***

***The effectiveness of reflexology is recognized worldwide by various national health institutions and the public at large as a distinct complementary practice within the holistic health field."***

It's a natural, non-evasive way to reduce stress in the body through simple, yet specific touch techniques.

Both science and history document evidence that support the underlying principle that there is a miniature map of the body on our feet, hands and ears.

By touching an area on the map, information is sent to that specific body part (one theory says it's via the nervous system) not only helping that part, but also affecting other systems of the body. Most people feel an overall sense of relaxation and stress-reduction. When your body is not busy holding so much stress, it is freed to heal itself physically and emotionally.

**Finally, is reflexology for you?** If you have pain or stress, then it is worth giving reflexology a try.

**WARNING:** Reflexology may become addictive. Before you schedule daily reflexology appointments, consider the side effects, that is, the benefits, of this addictive "Natural Stress-Reducer." ☺