

Reflexology

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This therapy was practised by the early Indian, Egyptian and Chinese peoples and was brought to the west by Dr William Fitzgerald, an American ear, nose and throat specialist, in 1913. He discovered that applying pressure to specific parts of the body could have an effect on another area. In the 1930's, Eunice Ingham, a therapist, developed the technique into what we now know as reflexology.

Reflexology deals with the principle that there are reflex points in the feet and hands that correspond to all organs, glands and parts of the body. It's effectiveness has ensured the growth of its popularity over recent years. Reflexology can help many conditions including migraine, back problems, asthma, eczema and stress related illnesses.

Treatment is performed by applying pressure to the reflex points on uncovered feet. On sensitive reflexes the client may feel a dull ache, sharp pain or just a 'different' sensation which shows an imbalance in the related area of the body. The experience should be pleasant and deeply relaxing.

How can Reflexology help?

The body has the ability to heal itself. Following illness, stress, injury or disease, it is in a state of "imbalance", and vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology can be used to restore the body's natural balance and encourage healing. Reflexologists use their hands to apply pressure to the feet. Sensitive, trained hands can detect imbalances in the feet, and by working on these points blockages can be released and the energy flow restored. Tensions are eased, and circulation and elimination are improved. The body is encouraged to heal at its own pace, giving you an opportunity to relax and replenish your energies.

Who can benefit from Reflexology?

As Reflexology treats the whole process, not the symptoms of disease, most people can benefit from treatment. The therapy can bring about relief to a wide range of acute and chronic conditions, and is suitable for all ages. However, some conditions need to be treated with caution and you may be advised to gain your GP's permission first. Once your body is in tune, it is wise to have regular maintenance treatments. An increasing number of people are using reflexology as a safe natural way of relaxing, balancing and harmonising the body. Treatment usually lasts about an hour and a number of sessions will normally be necessary as the benefits are cumulative and gradual. The total number of sessions varies with the individual and this will be discussed at the initial session and regularly reviewed

For further information or to book a consultation please call 01283 516444.