

5 Reasons to put Reflexology into your Preventative Health Care Plan

Reflexology relieves stress and tension said to cause 70% of most health disorders

1. Reflexology reverses the indicators of body systems dysfunctions, for instance, anxiety, migraines and constipation
2. Clients who take monthly treatments comment on how healthy they generally feel and how they are less affected by stress.
3. Reflexology treats the underlying cause of health balances which in turn reduces the symptoms
4. Reflexology reawakens a sense of peace and spiritual connection to the Self that often gets lost in the hast of life