

FAQ Reflexology

How does Reflexology work?

Reflexology is based on the theory that there is a blueprint of the whole physical, emotional and spiritual body on the feet, hands ears and face. Originating in India, China and Egypt, the ancient art of Reflexology has been practiced in some form for more than 2,000 years.

Following periods of illness, stress, injury or disease, your body is in a state of imbalance. Pressure to certain areas points on these reflexes, allows an enhanced flow of prana or life force which in turn enhances your body's own healing ability. These areas include the Ayurveda Sub Doshas, the electromagnetic nadis and the nerve endings.

It helps to do this by

- easing tensions
- improving circulation
- assisting with the removal of toxins
- restoring energy flow.
- mobilizes the bones in the feet

It is a very popular choice of alternative therapies due to its powerful deep relaxation effect.

How often do I need treatments?

Most ailments take time to manifest as symptoms and will take time to correct. The benefits generally become apparent after three treatments or in some cases, instantly.

- Weekly, if you have acute pain or chronic conditions
- Fortnightly, for 3 weeks if it's your first few sessions
- Monthly, if Reflexology has become part of your preventative health care plan

"Clients that choose to have monthly preventative treatments find they have stronger immune responses and able to cope with life's challenges."