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**Reflexology
Course**



061-381947

Reflexology



What is Reflexology?

It is a hands on Holistic Therapy involving the physical act of applying pressure to the feet with specific thumb, finger, and hand techniques without the use of oil or lotion.

It is based on the belief that the foot has a system of zones and reflex areas that reflects an overall image of the body.

The areas on the foot correspond to areas of the body, so by manipulating these areas, one can improve health and wellbeing.



The Treatment.

A full treatment last about an hour. It is non-invasive. You will be asked to lie down or sit depending on your personal preference.

The therapist will ask you to remove your shoes and socks so that he/she can work on both feet. The entire foot will be worked on.

Benefits:

- Reduce physical pain
- Increase energy and wellbeing
- Reduce stress and increase relaxation
- Aid digestive disorders
- Increase immunity
- Fertility and pregnancy
- Hormonal imbalances
- Migraine
- Back problems
- Arthritis
- Improve circulation
- Remove toxins/waste from the body
- Improve nervous system
- And much more

There are many doctors, physiotherapists, gynaecologists etc who recognise

Reflexology as a well established effective therapy.

Reflexology can help us relax and therefore help us cope with the stresses of everyday life. It works on the physical, mental and emotional layers of the body.

Reflexology reminds the body to heal itself.

It is a totally safe and non invasive therapy that can be used to help reduce many symptoms.

To learn reflexology, Please contact us for more information.

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