

"Because everyone deserves to be healthy!"

REFLEXOLOGY

Reflexology is a science which deals with the principle that there are reflexes in the feet and hands relative to each and every organ in the body.

Feet and hands are a mirror of the body, and pressure placed on specific reflex points on them, can be used to effect the corresponding areas of the body to stimulate natural healing.

Granular accumulations of waste matter concentrate around reflex points in the form of uric acid and calcium crystals, your reflexologist will try to break these down in order to free energy flow, open blocked nerve pathways, and improve blood supply to flush away toxins.

There are 700,000 nerve endings in each foot, and pressure on these may help to encourage feelings of deep relaxation, that can help us deal with the stress and tension of everyday life.

Reflexology is helpful for the following conditions:

- High Blood Pressure
- Stress
- Anxiety
- Insomnia
- Migraines
- Asthma
- Sinusitis
- Eczema
- Psoriasis
- Back Pain
- Pain Relief
- Menstrual Problems
- Constipation
- Parkinson's Disease

It can also be helpful or included in many other conditions. Contact us today to see we may help you through the ancient art of Reflexology.

