



"Bringing Balance Into Your Life!"

**Through the modalities of Reflexology,
Reiki and Pangu Shengong**

REFLEXOLOGY

Reflexology is a safe, non-invasive, natural technique through which pressure is applied to specific nerve reflexes in the feet in order to stimulate a response in a corresponding point in the body. The result is improved circulation in that area resulting in improved healing. Reflexology has been in existence since the time of the Pharaohs of Egypt and since then, its practice has spread throughout the world. People in the most technically advanced nations appreciate its simple effectiveness.

A typical hour-long reflexology session begins with the client reclining having already removed his or her footwear. The feet are assessed for any injuries or conditions which might hinder the reflexologist from working in a particular area. Next comes a series of gentle, warm-up movements applied to the feet and ankles in order to begin the increase of circulation within the body. The reflexologist then commences the work of addressing each reflex point/area on both the right and left foot, assessing and manipulating each area; and in so doing, he/she addresses each system of the body—the brain; the spine; the circulatory, endocrine, lymphatic, respiratory, and digestive systems, and so forth. All this is done through the over 700,000 nerve endings found on the bottoms of the feet. The session is often concluded with some gentle, soothing, massage-like motions.

Benefits of the session are increased circulation, stress reduction, and homeostasis (bringing the body into balance). It is also known to assist the body in releasing toxins, increasing energy, and boosting the immune system. All these benefits allow the body to work more efficiently, thereby assisting it to 'help itself' back to good health. Reflexology is safe for all ages and has no side effects. Children often benefit from complaints such as ear infections, constipation, bed-wetting and more. There have been many studies over the years showing reflexology to be effective for patients dealing with high blood pressure, PMS, diabetes, pain, allergies/sinus, acid reflux, acne, migraines, menopause, insomnia and arthritis, as well as brain damage.

Its ability to relieve stress and pain and increase well-being combined with its safe and non-invasive technique make it a sought-after alternative therapy. It is easily combined with other holistic modalities and also with traditional medicine; indeed, it is thought to assist in making other treatments work more effectively due to its stress relieving capabilities.

[Reflexology](#) has been around for centuries because it works. Call Soul to Sole Reflexology LLC for an appointment and see for yourself why people are talking about reflexology—once you experience it, you'll be a believer! We take appointments at 860-861-0779.

