

What is Reflexology?

Reflexology is an “artistic science.” Evidence of touching feet and hands for therapeutic purposes has been dated to 2300 BC in ancient Egypt. It has been influenced by both Eastern and Western philosophies from such countries as India, China, Japan, Russia, Greece, and what is now Europe.

The history and practice of Reflexology in the United States goes back to Dr. William Fitzgerald (1917 with vertical Zone Theory), Dr. Joe Shelby Riley (1924 with addition of horizontal lines to Zone Theory and charting feet, hands, and ears), and Dr. Paul Nogier (1954 with Auricular charting). Eunice Ingham worked with Dr. Riley as a physiotherapist and developed training programs to teach lay persons outside of the medical field about this wonderful therapy.

Reflexology can be performed on the feet, hands, and/or ears using thumb, finger, and hand techniques. These techniques stimulate reflex areas found on a mini map of the body. Thus, Reflexology may influence all major glands, organs, body systems and functions.

The relaxation response is the main focus of Reflexology. Clients often comment that they have experienced a mind, body, and soul balance following a session. This may often be something that has never been experienced or felt before. And, as bodywork continues over time, clients report becoming more aware of their physical, mental, emotional, and spiritual well being.

It can be done almost anywhere at any time. A client may be fully clothed and in a seated or reclined position. A session may vary in length, depending upon the responsiveness and need of each client. Typically, sessions will last 45-60 minutes in duration.