

## **The Artistic Science of Reflexology**

Reflexology is a non-invasive method of activating the healing powers of the body! This manual technique is a unique combination of art and science. In the “American Model,” Reflexology can be performed on the feet, hands, and/or ears using alternating pressure with thumb, finger, and hand techniques. These techniques stimulate reflex areas found on a mini map or hologram of the body. Thus, Reflexology may influence all major glands, organs, body systems and functions.

The origins of touching feet and hands for therapeutic purposes evidently reach back to ancient Egypt. Inscriptions found in the physician’s tomb (tomb of Ankhmahor), dating in the 6th dynasty about 2330 BC, are translated to represent a patient saying, “do not let it be painful.” The attendant replies, “I do as you please.” Although this work is ancient, it is relatively new to the American culture. It was introduced at the beginning of the 20<sup>th</sup> century by two medical doctors and a physiotherapist.

I work from a Relaxation “model,” believing that if a person relaxes, and brain waves change to a more calm state, then internal healing may begin to occur naturally. Reflexology helps to improve the functioning of all physiological systems of the body. It quite often helps to improve basic circulation of vital nutrients and oxygen; helps to reduce or eliminate pain; aides in balancing of the mind, body, and spirit; and in the process helps with reducing stress, anxiety, depression and a multitude of other conditions.

It can be done almost anywhere at any time to anyone. A client may be fully clothed and in a seated or reclined position. A session may vary in length, depending upon the health, responsiveness, and need of each client.

All sessions are customized to meet the goals and primary concerns of each client. Results vary by person and by session. The one thing I can guarantee is CHANGE. Reflexology changes lives!

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