

Reflexology

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Frequently Asked Questions

What is Reflexology?

Reflexology is a science in the health field in which neuro-reflex points are stimulated by direct and intentional pressure on specific reflex areas located on the hands, feet or ears.

Reflexology is a gentle, non-invasive healing modality that is based on the premise that there are reflex areas in the hands, feet and ears that directly correspond to each and every gland, organ and area of the body. The hands, feet and ears are actually a microcosm of the entire body itself.

Is Reflexology new?

No. Reflexology is an ancient healing practice dating back to over 4000 years ago. Its' roots can be traced to ancient Egypt and ancient China.

A brief history: One of the founding fathers of Reflexology was an American Ear, Nose and Throat Surgeon named William Fitzgerald. He developed a system of reflexive work called “Zone Therapy” in 1917. This was after his discovery that pressure on a specific area on the body resulted in a referred anesthetic effect somewhere else. Dr. Fitzgerald's work was further developed by an associate doctor, Shelby Riley, who mapped additional horizontal zones on the hands and feet.

Later, in the 1930's, a Physical Therapist, Eunice Ingham, who worked closely with Dr. Riley, refined “Zone Therapy” into what we now call Reflexology. Her contributions to the field of Reflexology are vast. She noticed that congestion and tension in specific reflex points on the foot directly corresponded to congestion and tension in specific areas elsewhere in the body. By applying specific pressure to these points, she could create stimulating effects on the body, which improved nerve function and blood supply to normalize body processes and relieve tension.

What are the benefits of Reflexology?

Reflexology has many benefits, such as:

- Promoting relaxation
- Improving blood and lymph circulation
- Decreasing pain
- Calming the nervous system and stimulating “feel good” hormones, such as endorphins
- Strengthening the function of the immune system
- Increasing the body's ability to rid itself of waste materials in the tissues, resulting in an increased vitality in organ functions
- **The reduction of stress and tension**

Is it safe?

Yes. Reflexology is essentially harmless and nearly everyone can benefit from this body work modality.

What can be expected during a Reflexology session?

A foot Reflexology session generally lasts between 30 minutes and 1 hour. The Reflexologist will take a medical history, discussing past or present health problems/challenges. The treatment is usually performed with the client fully clothed (only socks and shoes are removed). Generally, no lotions or oils are used during treatment. The Reflexologist may begin treatment using circular movements of the ankle or foot

flexing and stretching, and then commence the session with “thumb walking” the zones of the feet and toes, which is done in a slow and systematic fashion.

What are Reflexologists “looking” for during the “thumb walking” procedure?

Reflexologists are noting areas of sensitivity or crystallization deposits that block your body's neuropathways. The crystal deposits are pathological deposits of toxins that have built up in the body over time. By removing the toxic build up (most commonly lactic acid, uric acid, calcium and CO₂), the neuropathways then become clear again and the body can flush out this toxic build up and regain a heightened sense of vitality.

The areas in which the crystal deposits are found are very important to note, because, the specific area on the foot will directly correspond to an area of the body that was *not* able to function at an optimum level due to an impediment in the neuropathway.

Is Reflexology used as a diagnostic tool?

No. Reflexology can help to identify where stress and tension are in the body, but it does not diagnose specific problems.

Does Reflexology treat disease?

No. Reflexology is oriented to revitalizing the whole body and, thereby, supporting the body in its' own healing process. It does not cure disease, but it can help alleviate symptoms of disease.

How often should I get a Reflexology treatment?

The frequency will vary depending on your health issues and goals. Some clients enjoy Reflexology for its' profound relaxation benefits as a stress reliever, and others are looking to facilitate healing for specific or chronic conditions. In each case, treatment options are available and discussed on an individual basis.

Is Reflexology expensive?

No. A Reflexology session may be experienced with one of our professional and educated staff members here at Spa Therapy for as little as \$35 per session.

When can I get started?

As soon as today! Our staff at Spa Therapy will be happy to schedule an appointment for you.