



A Bed of Roses MediSpa

Two locations: Markham & Thornhill • 905-887-3845 • www.abedofrosesmedispa.com

Reflexology

What is Reflexology?

Reflexology is a unique method of using the thumb and fingers to stimulate more than 7,200 nerve endings in each foot. These nerve endings correspond to all parts of the body, including organs and glands.

What does Reflexology do?

Reflexology can relieve stress and tension within the body. It improves circulation and lymphatic flow, and works to unblock nerve impulse pathways. These benefits all work toward helping the body to heal itself by restoring balance to the vital energies.

How much time should I allow?

You should allow 30 to 60 minutes for the reflexologist to work. The client may be treated in a reclining reflexology chair or on a massage table.

What are some specific conditions where reflexology might be helpful?

Headaches, including migraines
High Blood pressure
Stress
Constipation
Premenstrual syndrome

Arthritis
Backache and sciatica
Allergies and sinus problems
Insomnia
Menstrual cramps

Who can benefit from Reflexology?

People of all ages can benefit from reflexology treatments. We all suffer from stress at one time or another, and aches and pains are a part of daily life. Reflexology has a long history of promoting relaxation and healing.

How frequently should I have a reflexology treatment?

Once a week is normal, an extreme case would be twice a week. The body needs time to normalize between treatments.

Reflexology also works wonderfully in conjunction with other body therapies. Again, you should wait about a week between therapies to avoid overloading the body.

Will my feet be washed?

If you have come directly from a day at work or have a problem with foot odor, the practitioner may wash your feet before the beginning of the session.

But I'm ticklish!

The practitioner will adjust the touch to what is comfortable for you. Sometimes a little more pressure alleviates the *ticklish* feeling. Relaxation helps, and the practitioner will have several techniques for relaxation .