

Why choose Reflexology?



Definition:

Reflexology is a therapeutic treatment focusing on stress release and organ health. Defined as an ancient healing art based on the principles that there are reflexes in the feet that correspond to every part, gland, nerve, and organ of the body.



Sessions

Sessions include a foot soak, lying back in a comfortable room setting, soft music and candles. This gives the mind and body a space to settle, relax, and surrender into allowing oneself to receive. Touch is gentle but firm to the feet. Finishing with the application of moisturizer to the feet to soothe and pamper.

Advantages to Your Health

1. Releases tension and stress. Provides deep relaxation.
2. Stimulates healthy function of body organs.
3. Provides relief from aches and pains.
4. Improves circulation and elimination.
5. Strengthens the immune system.
6. Balances the body physically, emotionally, and spiritually.

7. Helps detoxify the body.
8. Provides a general feeling of being more whole, healthy , and happy; a more complete sense of self.
9. Good for arthritis, asthma, constipation, depression, insomnia, headaches , menstrual irregularities, back pain, sinusitis, etc
10. GOOD FOR THE SOLE !

