

Living Lotus Healing

What is Reflexology?

Reflexology is an opportunity to work your whole body and mind, through accessing pressure points on the feet and lower legs. This process activates nerve pathways, affecting mind/brain and body, massages organs, facilitates circulation, supports the lymphatic system, releases blocks, helps regulate internal rhythms and reduces pain, all creating pathways for healing to take place. These pressure points are like portals to the whole body's internal "workings", allowing access for supporting and encouraging optimum health and wellness.

Our bodies have amazing sustainable and recuperative powers. In reflexology, as other healing modalities, there is an understanding that given time and encouragement, the body and mind will have the opportunity to work together to improve, rejuvenate, restore, and heal.

Reflexology is a holistic therapy carried out by applying pressure to specific reflex points on the feet which correspond to parts of the body. A treatment works the whole person by stimulating the nerve endings, energy channels and vascular flow to the various organs and structures within the body. Reflexology is a non-invasive technique requiring only the removal of socks and shoes. Effective and powerful, reflexology dramatically reduces the feelings of stress and tension, and brings a natural state of balance to the mind and the body. Reflexology helps to restore balance in the body, and encourage the body to heal itself.

Reflexology can be used to treat anyone, young or old and pregnant moms after 12 weeks.

Benefits of Reflexology

There are many benefits, including an overall increase in the sense of well-being, an increase in vitality and often a surge in energy levels. Reflexology can help with musculoskeletal pain and stiffness and assist in ascertaining musculoskeletal problems or areas of the body requiring adjustment. The reflex points are so specific that the practitioner can feel if there is tightness in the different muscles of the body or even if a specific intervertebral disc is causing pain. The practitioner can also suggest which muscles could be more effectively stretched by the recipient as a preventative measure or to ease pain.

You do not have to be unwell to have reflexology, however this powerful treatment can help with psychological imbalances such as depression, anxiety, lethargy, recovery following illness, digestive and hormonal imbalance. Due to its deeply relaxing effects on the body, it can also help strengthen the immune system.

If you have been injured or are lacking energy, reflexology can help to restore balance and coax your body into healing itself.

It can boost sluggish circulation and is useful for treating:

- **Stress & Relaxation**
- **Anxiety**
- **Back pain**
- **Migraines & Headaches**
- **Poor Digestion**
- **Irritable Bowel Syndrome (IBS)**
- **Respiratory Problems**
- **Asthma**
- **Bladder Problems**
- **Menopausal Symptoms & Period Pain**
- **Improves Circulation & Lymph Flow**
- **Cleanse the body of impurities**
- **Restores energy to the body/helps with fatigue**

It can relieve the pain of multiple sclerosis (MS) and pain during cancer treatments.

Several Studies funded by the National Cancer Institute and the National Institutes of Health indicate that Reflexology may reduce pain and psychological symptoms, such as anxiety, depression, and enhance relaxation & sleep. Studies also show that Reflexology may have benefits in palliative care of people with cancer.

Clients comment that being able to zone out for an hour, enjoying a relaxing massage has a positive psychological impact on their well-being, while pregnant

What to Expect from Your First Reflexology Appointment

A reflexology session generally starts with an overview of your medical history with the reflexologist. This ensures the practitioner understands your needs and concerns and is aware of any underlying health conditions you may have.

Next, you will sit in a comfortable chair or lay on a massage table. Clients remain fully clothed during treatments except for the feet and lower leg.

After sanitizing the feet, the reflexologist will then activate the reflex points on the hands, feet, and ears that correspond with one side of the body, and continue to the other side until the whole body has been treated.

If a reflexologist finds pain, tightness or energetic blockage in any of the reflex points, they will apply pressure to that area to promote healing elsewhere in the body.

The reflexologist will often end the session in a way that calms and relaxes the client. Don't feel rushed to bring yourself back to the present moment too quickly. Take a moment to enjoy your relaxed state. Often the reflexologist will recommend that you drink water and rest as necessary following treatment.

How Will You Feel After Your Treatment?

Different reactions following the reflexology session are normal. You may experience increased energy, relief from pain or other symptoms, tiredness, increased mucus, enhanced sleep, and heightened emotions.

What Reflexology Feels Like

Reflexology feels different to each person. Generally, clients feel relaxed and sometimes even fall asleep during a treatment. Other normal reactions to reflexology include increased sweating in the hands or feet, light-headedness, increased emotions, thirst, coughing, and exhaustion.

Clients may feel slight pain when muscle groups that are being stimulated contract. When sensitive reflex points are activated, it may feel like a bruise, comforting pressure, and warmth in the corresponding area of the body.

How Often Should You Get Treated?

Your practitioner will advise how often you should receive treatment based on your health concerns and wellness goals. However, because the benefits of reflexology are more subtle and build over time, having frequent sessions is advised, especially if you are new to the practice.

A general recommendation is to schedule an appointment once a week for the first six to eight weeks, then to schedule follow-up appointments every f weeks after that.