

Reflexology

Reflexology is a science based on the principle that there are reflexes in the hands and feet which correspond to all organs, glands and body parts.

Reflexology is a technique of using the thumbs and fingers on these reflexes to stimulate major organs and aid in the excretion of toxins. Reflexologists suggest that energy flows through our bodies in 10 zones, these run from our head down to the toes and the fingers, which are rich in nerve endings. The flow of energy – the Chinese call *chi* – ends in many of the reflex points in the hands and feet. The theory is that if there is an imbalance in the body, the energy becomes blocked, a reflexologist may feel these blockages and will help break down the crystals and restore energy flow. It greatly stimulates the circulatory and lymphatic systems and helps flush away toxins.

Reflexology can:

- Relieve stress
- Relieve muscular tension
- Encourage the body's natural healing processes
- Revitalize energy
- Cleanse the body of toxins
- Stimulate creativity and productivity

ONE HOUR INCLUDING CONSULTATION

£45

