

What is Reflexology?

Reflexology is the application of pressure to areas on the feet, hands and ears. The theory behind reflexology is that these areas correspond to organs and systems of the body and that pressure applied to these areas affects the organs and benefits the person's well being.

Massaging or pressing each area can stimulate the flow of energy, blood, nutrients, and nerve impulses to the corresponding body zone and thereby relieve ailments in that zone.

For example, reflexology holds that a specific spot in the arch of the foot corresponds to the bladder point. When a reflexology practitioner uses thumbs or fingers to apply appropriate pressure to this area, it affects bladder functioning.

So are there really any benefits to receiving this service?

Absolutely! Benefits of reflexology include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, prevents migraines, cleans up urinary tract conditions, speeds recovery after injury or surgery, helps relieve sleep disorders, reduces depression, and relieves pain.

Reflexology has also been used to help ease the treatment of various cancers and even to help soothe the pains of pregnancy, even those occurring after the baby is born.

Reflexology does not replace going to the doctor for ailments, however it can be used in conjunction with your doctors prescribed treatment to help speed up the process and/or ease the pain of treatment.

For more information or a free consultation call us on 945-1188 or email appointments@eclipse.ky