

## PRINCIPLES OF REFLEXOLOGY AND HOW IT CAN HELP YOU...

Reflexology is a science based on the principle that reflexes, or areas, in the feet and hands relate to the internal organs and other structures of the body.

The unusually large number of nerve endings in the feet are linked to these various parts of the body. By gently massaging specific areas on the soles of the feet or palms of the hands, an enhanced overall physical, emotional and mental health is achieved.

The technique used for reflexology is “thumb or finger walking” which stimulates the nerve endings allowing any energy blockages to be released, therefore, improving the flow of energy in the body. Through the stimulation of the circulatory and lymphatic systems, which remove toxic fluids from your body, reflexology encourages the release of those toxins thus promoting the body to heal itself. Therefore, it is very important to drink an adequate amount of water after a reflexology session in order to help your body eliminate the toxins it has released.

Many people like to have their feet massaged because it is enjoyable, stress relieving, and relaxing. Following a reflexology session, not only will your feet feel terrific and your entire body rejuvenated... Your body will thank you!

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