

## Training & licensing

Some jurisdictions will only allow people to practice reflexology providing that they already hold a recognized massage license. Certain European countries also require a proven understanding of anatomy and physiology.

Many reflexology associations in North America, the UK and other countries are working towards creating self-governing associations and encourage national certification standards for reflexology teaching and training.

There are many independent reflexology associations that offer training and certification. It is recommended that your practitioner holds a certification that has been issued by a recognized source.

For further information on reflexology and other alternative and complementary health-care therapies, please visit the section titled "Public Information" at [www.4holistichealth.net](http://www.4holistichealth.net).

## Benefits

Reflexology is a good all round therapy that aims to improve our general health and sense of well being and has been reported in successfully alleviating:

- Back Pain
- Migraine
- Anxiety
- Sleep disorders
- Sports Injuries
- Tiredness and fatigue
- Digestive disorders
- Stress-related conditions



Experience a unique  
massage therapy  
with

## Reflexology



Jasmin Jameson  
Mobile Therapist

Call for an appointment  
Phone: 123-123-1234

*Please note that reflexology should not be used as a replacement for proven conventional care or to postpone seeing a doctor about a medical condition.*

## What is reflexology?

Reflexology is viewed in the west as a form of massage therapy often referred to as 'zone' therapy.

Reflexology is a complementary therapy that works through the application of a focused massage on the feet or the hands; encouraging the body to heal itself.

This specific type of massage promotes relaxation, improves circulation, reduces pain and aims to restore and maintain the body's natural equilibrium and encourage healing.

The underlying theory behind reflexology is that there are 'reflex' areas on the feet and hands that correspond to specific organs, glands, and other parts of the body.

Using this philosophy, practitioners apply pressure to these reflex areas in order to promote health in the corresponding "mirrored" organs through energy pathways as described in Traditional Chinese Medicine (TCM) techniques.

## A typical treatment

On your first visit, the reflexology practitioner will have a preliminary discussion with you to evaluate your health and lifestyle.

During a treatment you will remove your shoes and socks and sit comfortably in a reclining chair or on a massage table.

Various points are then stimulated on the feet in order to identify areas of tenderness or tension.

Following this, brisk movements are used to warm the feet up. Then pressure is applied from the toes to the heel according to your comfort.

Lotion or oil may be used during the treatment and soothing music may accompany the session to make it as relaxing as possible.

A typical treatment is 45 minutes to 60 minutes long and a course of treatment may be recommended depending on your body's needs.

## Reflexology & You

Doctors agree that over 75% of our health problems can be linked to nervous stress.

The use of reflexology is growing in popularity as a means of relieving the stress caused in our daily lives by the hectic pace and the unrealistic expectations of the world that we now live in.

Reflexology is suitable for all ages. After completing a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well being.

The application and the effect of the therapy are unique to each person. You should feel relaxation at the end of a session. The duration of the relaxation is a good indicator of the effectiveness of the session.

Because reflexology is a non-invasive therapy it does not cause any of the side effects associated with some conventional medicines that are prescribed for pain relief.