



Reflexology

Definition

Reflexology is a specific massage given to all reflex zones in the feet or hands. These zones correspond and stimulate all body organs, enabling a balance of energy or homeostasis. Thumbs and fingers are used to work on these reflex areas.

History

Documentation mentioning foot massage has been found in Egypt, dated 2300 BC

In 1917 in the USA Dr. W. H. Fitzgerald developed "ZONE THERAPY" in his work, using distal pressure points to treat body organs. He divided the body into 10 longitudinal zones, the energy linking these zones enabled the body organs to be found in the reflex area in the same foot zone.

This concept was developed by Eunice Ingham, regarded as the pioneer of Reflexology as we know it to-day.

Benefits

- · Relaxation
- · Improves Blood Circulation Stimulates Body Functions
- · Helps The Immune System to Function
- · Homeostasis or Balance
- · Helps to Relieve Pain