

REFLEXOLOGY is a science that deals with the principle that there are reflex areas in the feet, hands, ear, and face which correspond with all glands, organs and parts of the body.

REFLEXOLOGY is a unique method of using the thumb and fingers on these reflex areas.

REFLEXOLOGY is a complimentary therapy that includes, but is not limited to :

1. Relieving stress and tension;
2. Improving blood supply and promote the unblocking of nerve impulses;
3. Helping nature achieve homeostasis (balance).

Reflexology is a complementary therapy that enhances the body's natural healing process.

Reflexology is a Complementary Therapy that is NOT MASSAGE

The Differences Between Reflexology and Massage	
Some people confuse Reflexology with Massage, but they are two different modalities – each with its own strengths. Both, like many other therapies, such as chiropractics, osteopathy, and other somatic practices, involve the use of the hands to apply their techniques. The aim with both Reflexology and Massage is to enhance the well being of the client.	
<u>REFLEXOLOGY</u>	<u>MASSAGE</u>
Application:	
Applied to specific areas (usually feet, hands, and ears) To promote a response from an area far removed from the tissue stimulated via the nervous systems and acupuncture meridians.	Applied to the whole body: muscles and connective tissues locally for local benefit, or when applied to muscles located all over the body, benefits the entire body.
Techniques:	
Uses small muscle movements primarily thumbs and finger are used.	Uses large muscle movement. Hands either open or closed and sometimes feet, arms and elbows.
Purpose:	
To improve the function of organs and glands, and all systems of the body. Works with the function of the body.	Primarily to change the soft tissue directly stimulated. Works within the structure of the body.
Benefit:	
Total body relaxation leading to the balancing of all internal and external body systems; improving circulation via stimulation to then nervous and subtly energy systems.	Local muscle relaxation, or if the body is massaged, then to muscular system improving circulation and reducing muscular tension.
It is not necessary for Reflexology practitioners to study working on a naked body when all they work on are feet, hands, and ears of a fully clothed person.	
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