

## Reflexology St. John's

Reflexology St. John's - Reflexology therapy involves massaging certain pressure points on the ears, hands and feet so as to heal and treat ailments on the individual's body. This particular therapy is a gentle type of massage used to help maintain the body's natural balance. Several Reflexology practitioners will focus on the feet.

Reflexology therapy dates back into earlier cultures in Egypt, China and Greece. In the 20th century, Dr. William Fitzgerald was the very first to introduce this practice in Western Civilizations. Dr. Fitzgerald referred to this kind of treatment as zone therapy.

Reflexology is used effectively as a therapeutic treatment intended for various health problems consisting of: migraines, back pain, arthritis and sports injuries. Some people and practitioners have likewise utilized reflexology so as to treat problems of digestive disorders, infertility, sleep disorders and hormonal imbalances. There are lots of people who rely on reflexology to treat a complete range of stress-related issues. It is often utilized in conjunction with other alternative therapies but is not considered a particular cure utilized for medical conditions or diseases.

One of reflexology's most common applications is used for stress relief. In the society today, people are inundated with increasing levels of emotional, physical and mental stress. Reflexology therapy can be utilized in order to efficiently help relax the body and the mind by minimizing the impact of stress and helping to restore an overall general feeling of health.

People of whichever age can benefit very much from reflexology treatments. Some individuals may participate in the therapy regularly while others can only take a treatment at times. Those who look for regular treatments believe that reflexology helps them to maintain their health and well-being.

Reflexology has moved into the traditional model of health care recently since a lot of traditional health care providers have accepted reflexology as a really effective treatment. Numerous health professionals recommend it to their clients as a supplement to their conventional medical care.

Reflexology is performed by a practitioner who has taken courses and is trained and educated using zone therapy. A competent Reflexologist can spot subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as texture and color of the skin among other things. By applying pressure to a specific zone, a Reflexologist might be able to affect the body system or the organ which is said to correspond with that certain zone.

A standard reflexology treatment session lasts approximately an hour. Through this time, a Reflexologist uses their hands and particularly their thumbs so as to apply pressure to the feet. The spot and the amount of the pressure and the effect of the treatment is said to depend on the personal requirements of the patient. It is normally recommended to drink plenty of water after a session to be able to help the body flush out a lot of the toxins which were released throughout the session.