

Reflexology

What is reflexology

Reflexology deals with the principle that there are reflex areas in the feet and hands which are believed to correspond to all organs and parts of the body. It is a unique method, using the thumb and fingers, usually performed on the feet but in some cases also on the hands and ears. A practitioner will work the reflex areas, which may help to relieve stress and tension; improve the blood supply to all areas of the body and promote the correct functioning of nerve impulses.

Reflexology aims to treat the imbalances of each individual and to alleviate and improve symptoms. It does not however diagnose a specific medical problem.

A reflexology session

When first visiting a reflexology practitioner, a detailed medical history will be taken. The treatment itself is usually performed in a comfortable chair/couch in a safe environment. If it is to be performed on the feet, the client/patient will be asked to remove footwear and socks prior to treatment.

The practitioner may initially examine the feet before commencing with the precise reflexology massage movements. The particular type of movements involved requires the application of an appropriate pressure using the thumb and fingers.

The number of treatment sessions required will vary depending on the condition being treated, but will always be discussed prior to any treatment plan.

How reflexology may help

Numerous disorders may benefit from reflexology depending on the specialism and expertise of your practitioner. Examples include pain, headaches, sinus problems, hormonal imbalances, back problems, stress and tension.

Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of reflexology.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health, can help when choosing a practitioner that meets the national standards of practice in reflexology: it has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website www.cnhc.org.uk