



Reflexology

What is Reflexology?

Reflexology is an ancient therapy with a history going back over thousands of years. It is based on the principle that there are zones on the feet and hands that correspond to different parts of the body, and that massaging these zones in a special way promotes and restores energy flow. When our bodies are subject to stress or disease, our natural ability to maintain equilibrium is impaired. By promoting a state of deep relaxation, reflexology can help assist this balancing process and can sometimes help reduce symptoms and side effects such as tension, anxiety, pain, muscular spasm, and digestive problems

What happens during a Reflexology treatment?

At your first appointment, you will be asked questions about your health and general wellbeing to help determine the focus of the therapy. You will be treated either lying down or sitting up, whichever is most comfortable for you. Clean towels will cover your feet and your body will be covered with a blanket. Only the hand or foot that is being worked on will be exposed. The reflexologist will apply gentle pressure to all the areas of your foot or hand, adapting their approach for each person they treat. The adaptations will depend on your state of health and any medical treatment you are receiving at the time.

How long does a session last, how many will I have, and how often?

Therapy sessions last up to 50 minutes, although the first sessions will usually take a little longer to allow time for an initial assessment. We are currently able to offer a set of 6 sessions for patients and 3 for family members and carers.

How will I feel afterwards and what should I do?

After a treatment, you may feel very relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired it's best to have a sleep. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

Complementary therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.