

Research has shown the specific techniques of reflexology to be effective and beneficial in relaxation and many ways. Reflexology studies from 21 countries shows that reflexology is effective, impacting a variety of physical and psychological concerns.

Creates Relaxation From the moment the reflexologists' hands start their work, the relaxation begins

Reduces Pain Pain reduction following reflexology is documented in studies showing impact on individuals of all ages and health states

Ameliorates Health Concerns Reflexology helps individuals of all ages with health concerns ranging from aggressive behavior in children to urinary concerns of the elderly

Improves Blood Flow Reflexology increases blood flow to the feet, brain, kidneys and intestines

Aids Post-Operative Recovery Reflexology aids recovery after surgery, reducing pain and lessening the use of post-operative analgesics

Impact on Physiological Measures e. g. blood pressure and cholesterol

Enhances Medical Care Reflexology helps enhance the effectiveness of medical procedures

Benefits Mental Health Reflexology helps reduce depression and anxiety

In general terms, the benefits of reflexology have to do with the reduction of stress. Because the feet help set the tension level for the rest of the body, they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

Reflexology is a complement to standard medical care. It should not be construed as medical advice. It should not be a replacement to medical help. Please use it wisely. We care about your safety.