Frequently Asked Questions about Reflexology:

Reflexology treats the whole person and is based on the theory that the different systems and organs of the body can be mapped to different points or areas on the feet and hands.

Reflexologists believe that through working these points they may have an energetic effect on the corresponding organs or systems within the body encouraging a state of homeostasis and self-healing.

Illness, fatigue, stress and tension can all take their toll on the body both physically and mentally creating an imbalance. Energy can be wasted by fighting the problem or struggling with negative thoughts. Reflexology helps the body and the mind to regain their balance encouraging them to work more effectively and efficiently together

**What will I expect from a reflexology treatment?**

If it is your first reflexology treatment you will be asked to complete a consultation form and asked questions about medical history, lifestyle, diet and general wellbeing. A conversation will then be had around some of the more problematic symptoms to understand these more fully and to establish a tailored treatment session to address specific needs.

A reflexology session usually starts with a short massage on both feet followed by the reflexology itself. The right foot is usually worked first followed by the left with the foot not being worked on, covered with a towel or similar. Once both feet have received reflexology, another short massage is then given which also signifies the end of the session.

Reflexology is generally given with the client lying on a couch, but a specialised chair may also be used so long as the feet can be elevated. During the reflexology session the whole body is supported with pillows with particular attention paid to under the knees, back and head. A blanket can be used to provide additional comfort and warmth. The environment is relaxed and calm with soft lighting.

**How will I benefit from reflexology?**

Reflexologists are not medically trained and therefore are unable to diagnose, prescribe or cure. Every person is individual and will respond to a treatment session in a unique way. It is therefore not always possible to predict the response from a treatment but generally most people feel very relaxed, may sleep better and notice an improved mood and general feeling of wellbeing. Other things may happen too, but this very much depends on the individual.

**How will a reflexology treatment session make me feel?**

Reflexology helps the mind and body to feel relaxed and calm with limbs often feeling heavy. Areas of tension or discomfort can often begin to ease and as a result, many go to sleep during a reflexology session. Clients can often feel very sleepy on waking but some can feel more energised and invigorated with a clearer head and more focus Reflexology provides the space and the time for the body and mind to connect, an opportunity to restore, repair and refresh.

**What do I have to wear?**

Preferably loose-fitting clothes to help with relaxation and comfort. Socks are preferable to tights or stockings as they are easy to remove for when accessing the feet.

**Does reflexology hurt**

No, reflexology should not hurt but some areas on the feet may feel a little tender or different. These feelings should disappear quite quickly and the reflexologist may decide to alter the pressure accordingly.

**Is there anything I need to do afterwards?**

It is important to drink plenty of water after any complementary therapy to continue to assist with the effective elimination of toxins from the body. Try to avoid alcohol if possible.

Because reflexology will help the mind and body to feel calm and more relaxed, many people feel tired and sleepy after a session. It may therefore be an idea to arrange very little for the rest of the day/evening and to factor in an earlier night’s sleep.

**How many treatments should I have?**

In the first instance it is best to have a few treatment sessions close together as this will provide a greater impact on wellbeing and help to sustain the effects from each of the reflexology sessions. This is especially useful for more chronic conditions. Maintenance reflexology is then recommended and can work well in providing regular attention to specific areas or symptoms. However, the number of treatment sessions also depends on money and time and therefore there is no pressure to continue with reflexology when it becomes unaffordable.