

Reflexology

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Reflexology is based on the premise that a virtual map of the entire body exists on the feet. By using specific thumb and finger pressure to stimulate the reflex points and the 7200 nerve endings on each foot, the corresponding area's of the body are positively affected. This allows healing to take place on a part of the body without having to work on it directly, a real bonus in treating areas too painful to assess directly.

Reflexology is very effective in improving circulation and encouraging efficient elimination of toxins, to allow the body to return to a state of homeostasis. At the same time leaving your feet feeling 'very loved'.