

Benefits of reflexology

Potential benefits of reflexology are believed to include:

- Reduced stress
- Feelings of deep relaxation
- Increased energy levels
- The release of endorphins, the body's feel good hormones (which can also provide pain relief)
- Improved circulation
- More efficient removal of impurities and toxins
- A stronger immune system
- A sense that the whole body is better balanced, or in harmony

Despite being used for many years, reflexology is only now building a body of evidence to support its use in the healthcare arena.

*Guidelines published in 2004 by the National Institute for Clinical Evidence (NICE) recommends that patients with Multiple Sclerosis have access to a choice of different treatments, including reflexology.**

*Bradburn J, et al (2004). Multiple Sclerosis: national clinical guideline for diagnosis and management in primary and secondary care. London: National Collaborating Centre for Chronic Conditions, The Royal College of Physicians and The Chartered Society of Physiotherapy. Available from the NICE website at: www.nice.org.uk

About the Federation of Holistic Therapists (FHT)

The FHT is the largest professional association for complementary, holistic beauty and sports therapists in the UK and Ireland. Founded in 1962, the FHT is a not-for-profit organisation which, by establishing and maintaining high standards of practice by member therapists, ensures high quality treatments for the protection and benefit of the public.

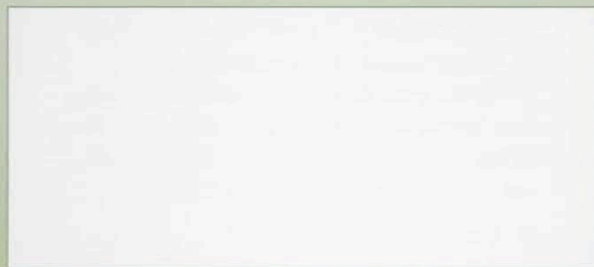
Where can I find a reflexologist in my area?

To find a qualified therapist, visit www.findmytherapist.org where you can view our therapists' listing*. Each member's listing entry also shows other treatments that they are qualified to practise.

You can be confident that therapists on this list are members of our professional organisation, offering high standards of treatment and following our strict code of professional practice and ethics.

* Not all of our members choose to release their contact information to the public. We are happy to verify that individual therapists are members of FHT if you contact us directly: please phone 0844 875 2022.

Your local FHT therapist is:



COMPLEMENTARY • BEAUTY • SPORTS

Web: www.fht.org.uk
Email: info@fht.org.uk
Tel: 0844 875 2022

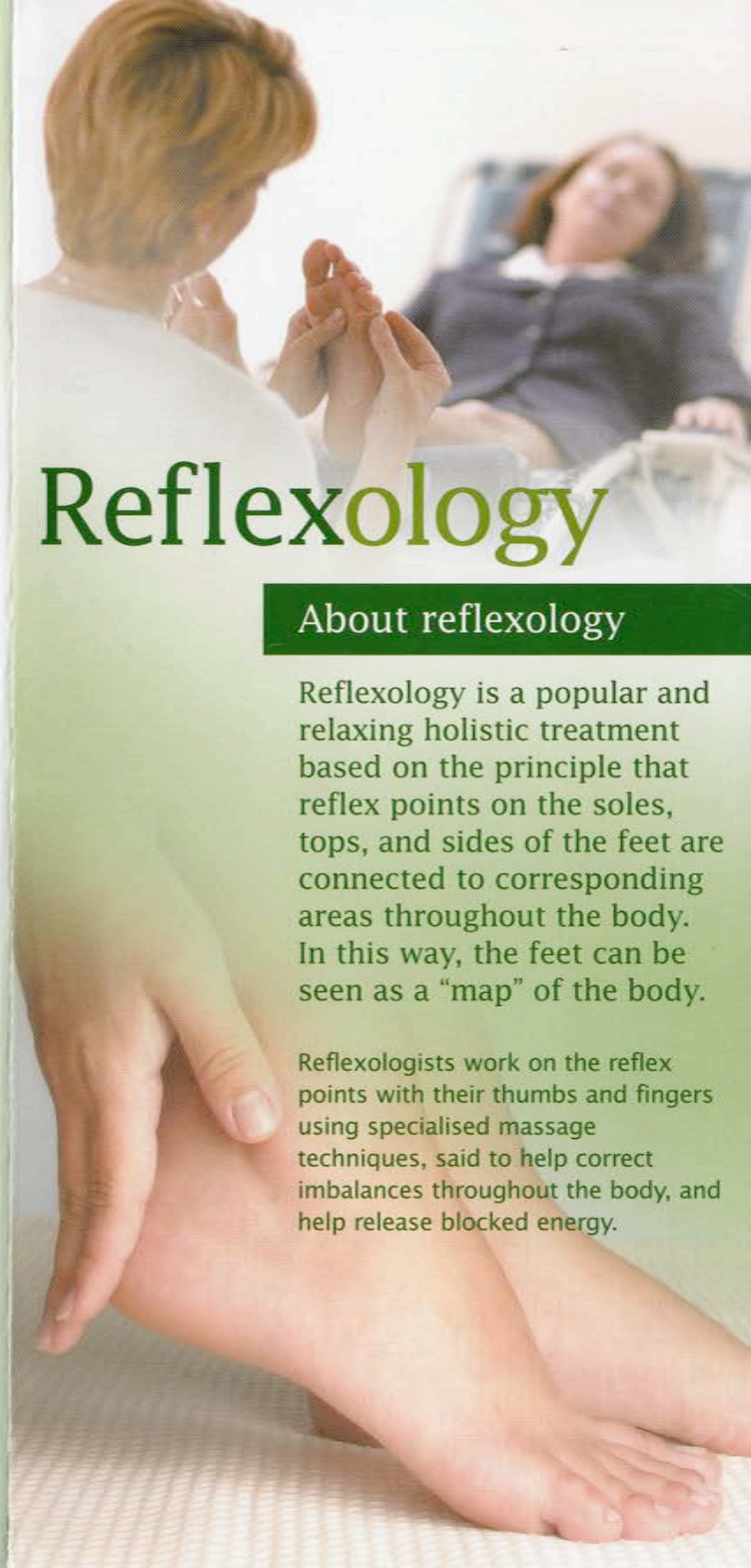
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Reflexology

About reflexology

Reflexology is a popular and relaxing holistic treatment based on the principle that reflex points on the soles, tops, and sides of the feet are connected to corresponding areas throughout the body. In this way, the feet can be seen as a "map" of the body.

Reflexologists work on the reflex points with their thumbs and fingers using specialised massage techniques, said to help correct imbalances throughout the body, and help release blocked energy.



About reflexology

The Chinese are said to have used an early form of reflexology more than 5000 years ago in their use of pressure therapies. Egyptian tomb artwork also shows foot massage, indicating that working on the feet is an ancient practice, used in many cultures.

Modern reflexology was developed by Eunice D. Ingham in the 1930s and is now a popular complementary therapy.

Can everyone enjoy reflexology?

Reflexology is suitable for most adults but there are certain conditions where you should avoid reflexology. To ensure the continued well-being of clients, all treatments begin with a consultation, which enables your therapist to make sure that reflexology is right for you. In some instances your doctor's permission may be required before treatments can commence, for example, if you have diabetes. An individual confidential record card will be kept with any relevant notes for future treatments.

Bare your sole

Each foot is divided into five zones (along the length of the feet). These sections are said to correspond to different areas of the body.

What happens during a reflexology treatment?

A reflexology treatment lasts for approximately an hour. As it's just the feet that are being worked on, you remain fully clothed; simply removing shoes and socks.

You'll be invited to relax on a reclining chair or treatment couch, or to put your feet up on a footstool. Your feet will be cleansed at the start of the treatment and then a variety of reflexology techniques will be used, adapted to suit your individual needs.

Reflexology can also be carried out on hands and ears as well as feet. The zones running through the feet also have corresponding zones in the hands and ears, too.

Reflexology and pregnancy

Reflexology can offer pregnant women some valuable 'me time', as well as help to reduce some of the stresses and anxieties that may be experienced during this momentous life event. However, for safety reasons, many reflexologists will not treat pregnant women who:

- are in their first trimester
- have a history of miscarriage
- have complications linked to their pregnancy

You are strongly advised to seek an experienced therapist who has specialist training in this area. Always consult your midwife or GP before trying any new treatment.

To the heart of the matter

Reflex areas relating to the heart may be found around the ball of the foot on both feet, but in different zones on the left and right foot.

After your treatment

To gain maximum benefit from your reflexology treatment, try to rest afterwards – this helps your body's natural healing process.

Drink plenty of water over the next few days – this helps flush away toxins. If you have any queries, don't hesitate to ask your therapist for advice.

From head to toe

The toes are said to correspond to the head and the neck. Each toe contains several reflex points including one for the brain and another for the sinuses.