**Benefits of Reflexology**

Reflexology is a natural, holistic and non-invasive therapy that helps the body engage its own self-healing processes on a physical, emotional and energetic level.

It works on the premise that our feet and hands are a microcosm of the body with all organs, glands and structures mapping to corresponding reflex points through a system of zones and energy channels, addressing all the main systems of the body.

It is estimated that 75% of illnesses are caused by stress. Reflexology works to rebalance the body and mind, encouraging a state of relaxation to ease stress and anxiety, releasing toxicity held in the internal organs and muscles.

On a physical level Reflexology alleviates joint and muscular pain. It improves circulation, increases lymphatic drainage helping with detoxification. It brings balance into the physiological systems and structures, stimulating hypo-active and sluggish areas and calming hyperactive, over-productive parts.

On an emotional and energetic level Reflexology eases tension, allows for clearer thinking, improved concentration, relief of fear and frustration and encourages a greater sense of wellbeing and wholeness.

Reflexology provides great fertility support with preconception helping to bring the body and hormones into a state of equilibrium, encouraging and regulating menstrual cycles, boosting blood circulation to the reproductive areas and reducing stress levels helping to prepare both physically and emotionally.

Pregnancy Reflexology supports mum –to-be through the many significant changes her body is constantly responding and adapting as baby grows. Pregnancy Reflexology alleviates the physical aches and pains, sooth digestive discomforts, aids energy levels and provides much needed relaxation.

The following is an extensive but not complete, list of conditions and symptoms Reflexology can help with: \* acne \*anxiety \*arthritis \*asthma \*back pain \*digestive problems fibromyalgia \*gynecological problems \*headaches and migraines \*hormonal disturbances \*insomnia \*kidney/urinary problems \*low energy \*muscular and joint pain \*PMS \*prostate problems \*sciatica \*skin conditions.

There may be times when it is not appropriate to use Reflexology; if you have any queries or concerns please do not hesitate to contact Laura.