What is Reflexology?

A simple definition is manipulating pressure points on the hands or feet for the purpose of relieving the stress or pain in corresponding areas of the body. Reflexology relieves stress and tension, improves blood circulation and helps unblock impulses to achieve homeostasis. There are over 7,000 nerve endings on the bottoms of each foot so it is the most effective part of the body to channel energy throughout the body.

History:

Many civilizations have practiced reflexology. Evidence of this has been documented on four continents: Asia, Europe, Africa, and North America. Humans touching the hands or feet for the purpose of relaxation began before the Egyptians, however they were the first to leave a record of it.

The precursor of modern reflexology was introduced to the United States in 1913 by William H. Fitzgerald, M.D. (1872–1942), an ear, nose, and throat specialist, and Dr. Edwin Bowers. Fitzgerald claimed that applying pressure had an anesthetic effect on other areas of the body. Reflexology was further developed in the 1930s and 1940s by Eunice D. Ingham (1889–1974), a nurse and physiotherapist. Ingham claimed that the feet and hands were especially sensitive, and mapped the entire body into "reflexes" on the feet. It was at this time that "zone therapy" was renamed reflexology.

Integrating Reflexology (foot and hand) into face treatments can be beneficial by offering better results through better blood circulation, better elimination of toxins, better absorption of the nutrients in the products and total relaxation. The Chinese maintain that the body's Chi circulates in the meridians 24 times a day and 24 times a night and that each meridian is connected to an organ. These organs are associated with pressure points on the hands and feet.

Chi is the circulating life energy that in Chinese philosophy is thought to be inherent in all things; in traditional Chinese medicine the balance of negative and positive forms in the body is believed to be essential for good health.