

Who can benefit from reflexology?

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions.

After having completed a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

The Association of Reflexologists

The association was founded in 1984. It arose from a need to establish standards and to provide a network of qualified practitioners to which the public could refer with confidence.

The aim of the Association is to help maintain a high standard of practice and patient care and to promote reflexology. Members are bound by the Association's Code of Practice and Ethics.

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Reflexology

Information Brochure

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What is reflexology?

Whilst the art of reflexology dates back to Ancient Egypt, India and China, it wasn't until 1913 that Dr William Fitzgerald introduced this therapy to the West as 'Zone Therapy'. He noted that the reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone.

In the 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot was mirrored in the corresponding part of the body.

Reflexology is a complementary therapy, which works on the feet to aid healing to the whole person not just the prevailing condition.

What happens when I go for a treatment?

On the first visit, the reflexologist practitioner will have a preliminary talk with you to determine your present and past health and lifestyle.

The reflexologist will then use their hands to apply pressure to your feet. The application and the effect of the therapy are unique to each person.

A professionally trained reflexologist can detect subtle changes in specific points on the feet, and by working on these points may affect the corresponding organ or system of the body.

A treatment session usually lasts for about one hour. A course of treatment may be recommended depending on your body's needs.

How will I feel after a reflexology treatment?

After one or two treatments your body may respond in a definite way. Most people note a sense of well-being and relaxation; sometimes people report feeling lethargic, nauseous or tearful, but this is transitory and is part of the healing process.

This is vital information to feed back to the reflexologist as it shows how your body is responding to treatment. This will help the reflexologist to tailor a treatment plan specific to your needs.