

What is Reflexology?



- Reflexology is a **complementary** therapy. This means it works **alongside** the treatment you may have from your Doctor.



- It treats the **whole** of you.

body, mind and spirit



- It works by applying pressure to the:

feet or hands



- It works on the idea that the body is mapped out on the whole foot or hand like this:



- It becomes a mirror image of the whole foot.

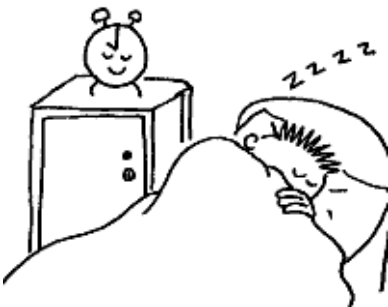


- Reflexology helps the 'Chi' or energy to flow through your body to make you feel better.

It can help you:



Feel Happier



Sleep



**Feel less anxious
and stressed**



It feels good



**All this can make
you a healthier
person**

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