

Reflexology Abbotsford

Reflexology Abbotsford - Reflexology is a type of therapy which includes massaging certain pressure points on the ears, feet or hands to be able to heal and treat an individual's whole body. This gentle type of therapy is used to help the body maintain its equilibrium as well as restore the body's natural balance. Several Reflexology practitioners' will concentrate on the feet.

Reflexology therapy dates back into earlier cultures in Greece, Egypt and China. In the 20th century, Dr. William Fitzgerald was the very first to introduce this particular practice in Western Civilizations. Dr. Fitzgerald called this particular kind of treatment as zone therapy.

The treatment of reflexology has been utilized so as to effectively treat various health conditions comprising: migraines, back pain, arthritis and sports injuries. Various individuals and practitioners have likewise utilized reflexology to be able to treat concerns of hormonal imbalances, digestive disorders, infertility and sleep disorders. There are lots of individuals who depend on reflexology in order to treat a complete range of stress-related conditions. It is often used in conjunction with various alternative therapies but is not considered a specific cure used for medical conditions or diseases.

Among the more common reflexology benefits and applications are utilized for the reduction of stress. Nowadays, a lot of individuals have elevated stress levels because of mental, emotional and physical stress. Reflexology therapy can be used to efficiently help relax the body and the mind by lessening the impact of stress and helping to restore an overall general feeling of health.

Individuals of whatever age could benefit significantly from reflexology treatments. Some people may participate in the therapy on a regular basis whereas others may only take a treatment occasionally. Individuals who seek regular treatments believe that reflexology helps them to maintain their health and well-being.

Reflexology has moved into the conventional model of health care recently for the reason that many traditional health care providers have accepted reflexology as a really helpful treatment. Numerous health professionals suggest it to their clients as a supplement to their conventional medical care.

Reflexology is performed by a practitioner who has taken courses and is trained and educated in the use of zone therapy. A skillful Reflexologist could notice subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as color and texture of the skin amongst other things. By applying pressure to a specific zone, a Reflexologist might be able to affect the body system or the organ which is said to correspond with that certain zone.

The normal treatment would last for around an hour. In the session, Reflexologists use their fingers and especially their thumbs so as to apply pressure to the feet. The spot and the amount of the pressure and the effect of the treatment is said to depend on the personal needs of the patient. It is normally recommended to drink plenty of water after a session in order to help the body get rid of a lot of the toxins which were released during the session.