

## REFLEXOLOGY

Reflexology is a method of nurturing touch. It is based on the premise that there are reflex zones or points in the hand and feet which correspond to all the parts of the body. The art of applying pressure to these particular points can encourage stress reduction causing positive physiological changes throughout the entire body. Foot and/or hand reflexology sessions can also help to normalize body balances, flow of chi and energy and organ functions.

Reflexology has been practiced since ancient times. Egyptian papyrus have been found dating 2330 BC and clearly depicting both hand and feet reflexology. It is only recently recognizing resurgence.

Stress cannot be avoided but can be managed. If not managed stress can break down our bodies natural defenses making us more susceptible to illness and disease. Reflexology promotes stress reduction by generating a deep and tranquil mind/body state.

When stress is not controlled, tension on our cardiovascular system restricts blood flow. This prevents oxygen from flowing freely which in turn prevents nutrients from going to our cells and releasing waste products and toxins.

The combination of reflexology and essential oils encourages and accelerates the body's flow and usage of oxygen to help our bodies heal itself.

Treatments are available alone or in conjunction with aromatherapy; they last 45-60 minutes and cost \$60-\$80. For more information or an appointment, contact: [Bella Donna of BHealthy BHappy LLC](#)

