



Foot Reflexology with Deborah Wood

Now available on Tuesdays between 10:00am ~ 4:00pm
at the office of Jenene Bowman

Please call Deborah @ 449-4892 to schedule your appointment. \$30.00

How does reflexology work? The underlying theory behind reflexology is that there are "reflex" areas on the feet that correspond to specific organs, glands, and other parts of the body. For example:

- the tips of the toes reflect the head
- the heart and chest are around the ball of the foot
- the liver, pancreas and kidney are in the arch of the foot
- low back and intestines are towards the heel

Practitioners believe that applying pressure to these reflex areas can promote health in the corresponding organs through energetic pathways.
(A scientific explanation is that the pressure may send signals that balance the nervous system or release chemicals such as endorphins that reduce pain and stress.)

Reflexology is a popular alternative therapy. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.

What is a typical reflexology treatment like?

A typical treatment is 45 minutes long and begins with a consultation about your health and lifestyle.

You are then asked to remove your shoes and socks and sit comfortably in a reclining chair or on a massage table. Otherwise you remain fully clothed.
Deborah will assess the feet and then massage and stimulate various points to identify areas of tenderness or tension.

Most people feel calm and relaxed after a treatment. Maybe even sleepy.

Visit Deborah's website @ www.woodhavenhealing@aol.com