

Reflexology Massage

"Anyone and everyone can benefit from reflexology's amazing ability to harmonize all bodily systems. It effectively enhances the functioning of mind, body and soul." - from Reflexology by Chris Stormer.

Reflexology is a term that refers to the stimulation of the feet, hands or ears in order to affect other parts of the body via specific points that are called microsystems. The microsystems in one part of the body - for example on the foot - contains a representation or "map" of the entire body that can be stimulated to enhance the natural healing processes. Reflexology treatments can help relieve stress and muscular tension, improve blood supply and circulation, and encourage the unblocking of energy/nerve pathways.