

## Reflexology Charlottetown

Reflexology Charlottetown - Reflexology is a type of therapy which comprises massaging particular pressure points on the hands, ears or feet so as to heal and treat an individual's whole body. This gentle kind of therapy is used to be able to help the body maintain its equilibrium as well as restore the body's natural balance. Numerous Reflexology practitioners' will focus on the feet.

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

The treatment of reflexology has been utilized in order to successfully treat different health problems including: sports injuries, migraines, back pains and arthritis. Some individuals and practitioners have likewise used reflexology in order to treat concerns of digestive disorders, infertility, sleep disorders and hormonal imbalances. There are various individuals who rely on reflexology to treat a complete range of stress-related conditions. It is frequently utilized in conjunction with different alternative therapies but is not considered a specific cure used for medical conditions or diseases.

One of reflexology's most common applications is utilized for stress relief. In today's society, individuals are inundated with increasing levels of mental, emotional and physical stress. Reflexology therapy can be used to be able to efficiently help relax the body and the mind by minimizing the effects of stress and helping to restore an overall general feeling of well-being.

Individuals of whatever age could benefit very much from reflexology treatments. Some people can partake in the therapy on a regular basis while others can just take a treatment sometimes. Those who seek regular treatments believe that reflexology helps them to maintain their health and well-being.

Reflexology has moved into the traditional model of health care recently since various traditional health care providers have accepted reflexology as a really helpful treatment. Lots of health professionals suggest it to their clients as a supplement to their traditional medical care.

Reflexology therapies are practiced by practitioners who have been trained and educated in zone therapy. Therapists are trained to notice subtle changes and alterations in the zones of the feet. They take note of the ever changing lines, and calluses as well as texture and color of the skin among 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 standard treatment will last for about an hour. In the session, Reflexologists use their fingers and particularly their thumbs to apply pressure to the feet. The location and the amount of the pressure and the effect of the treatment is said to depend on the individual needs of the patient. It is often suggested to drink a lot of water after a session so as to help the body flush out a lot of the toxins that were released in the session.