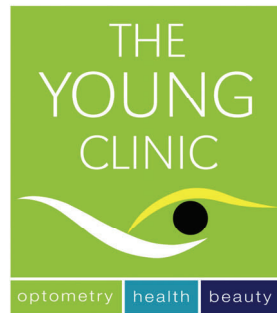


Opening Hours

Monday	09.30 -17.30
Wednesday	09.30 -17.30
Thursday	09.30 -21.00
Friday	09.30 -17.30
Saturday	09.30 -13.00



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Young Beauty



Reflexology

Information

The art of reflexology dates back to Ancient Egypt, India and China.

In 1913, Dr Willam Fitzgerald introduced this therapy to the west as 'Zone Therapy', noting that reflex areas on the hands and feet were linked to other areas and organs of the body within the same zone.

In the 1930's, Eunice Ingham developed this theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot is mirrored on the corresponding part of the body.

A treatment involves working mainly on the feet using massage and more specific techniques on the reflexes to release tension and toxicity in the related areas of the body - both on the physical and more subtle levels. It is a profoundly relaxing and restorative treatment, aimed at bringing the whole system back into its natural balance.

What does it do?

Reflexology is a holistic complementary therapy which helps to balance the body and stimulate the body's own natural healing abilities. The treatment involves gentle pressure point massage to the reflex areas on the feet which represent all the areas on our body.

How does it work?

Reflexology helps to balance the body by bringing it back into a state of harmony and equilibrium; the state in which the body's own healing powers can work most effectively.

It is generally understood that reflexology works on subtle energy channels in the body similar to the acupuncture meridian pathways. Reflexology has proved to be very safe and effective way of helping the body to heal itself.

What is a treatment like?

An appointment will last about 1 hour. The first appointment will be a little longer as I will take details of your medical history. Everything you tell us as part of your medical history or during a treatment is entirely confidential..

Its an extremely relaxing treatment that is going to leave you feeling uplifted or relaxed and feeling the self healing effect.

At the end of the treatment your feet should feel warm and you should feel calm and relaxed.

In the day or two following the first treatment you may experience a mild healing reaction as the body systems balance themselves and clear unwanted toxins.

It is possible that you may feel unusually tired (most people sleep very well after a treatment) or conversely more energetic. You may also feel quite thirsty. These reactions should not be severe; they are quite normal and are a sign that the treatment is working. After the treatment you should drink plenty of water and rest when you can.

Could reflexology help you?

Reflexology does not claim to be a cure for all illnesses, but many disorders can be successfully treated by the method. These include migraine, sinus problems, hormone imbalances, breathing disorders, digestive and circulatory problems, back problems, insomnia and stress and tension related disorders.

In more serious disorders, which may not respond fully to conventional medicine, Reflexology can help considerably with alleviating symptoms and increasing the patient's sense of well-being.

