

Reflexology Norfolk

Reflexology Norfolk - Reflexology therapy consists of massaging certain pressure points on the ears, hands and feet to heal and treat ailments on the individual's body. This particular therapy is a gentle type of massage utilized so as to help maintain the body's natural balance. Many Reflexology practitioners will focus on the feet.

The use of reflexology dates back to ancient China, Greece and Egypt. A doctor with the name of William Fitzgerald first introduced it to Western civilizations in the 20th century. In the 20th century, Dr. William Fitzgerald was the very first to introduce this particular practice in Western Civilizations. Dr. Fitzgerald referred to this particular type of treatment as zone therapy.

Reflexology is used effectively as a therapeutic treatment for different health issues including: back pains, arthritis, sports injuries and migraines. Various people and practitioners have also utilized reflexology so as to treat issues of hormonal imbalances, digestive disorders, infertility and sleep disorders. There are lots of people who depend on reflexology to be able to treat a complete range of stress-related conditions. It is often utilized in conjunction with other alternative therapies but is not considered a particular cure utilized for medical diseases or conditions.

Among the more common reflexology applications and benefits are for the reduction of stress. These days, a lot of people have elevated stress levels due to emotional, physical and mental stress. Reflexology therapy could be used to effectively help relax the mind and the body by lessening the impact of stress and helping to restore an overall general feeling of well-being.

Reflexology treatments can greatly benefit people of different ages. Some people may partake in occasional treatments, whereas others would participate in regular therapies. People who look for regular treatments think that reflexology helps them to maintain their health and well-being.

Many health care professionals and doctors recognize Reflexology as an effective therapeutic treatment and it is nice that it is not only known by those interested in alternative therapies. 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 educated and trained in zone therapy. Therapists are trained to notice subtle alterations and changes 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 may be able to affect the body system or the organ that is said to correspond with that specific zone.

An average reflexology treatment session lasts something like an hour. All through this time, a Reflexologist uses their hands and specially their thumbs to be able to apply pressure to the feet. The spot and the amount of the pressure and the effect of the treatment is said to depend on the personal requirements of the patient. It is usually suggested to drink lots of water after a session to be able to help the body flush out a lot of the toxins that were released all through the session.