

## Reflexology Kingston

Reflexology Kingston - Reflexology therapy comprises massaging certain pressure points on the feet, ears or hands in order to treat and heal ailments on the person's body. This therapy is a gentle type of massage utilized to help maintain the body's natural balance. A lot of 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 particular practice in Western Civilizations. Dr. Fitzgerald called this type of treatment as zone therapy.

The treatment of reflexology has been utilized so as to effectively treat various health issues including: back pains, arthritis, sports injuries and migraines. Various individuals have utilized reflexology in order to treat various problems like for instance sleep disorders, hormonal imbalances, digestive disorders and infertility. There are various people who rely on reflexology in order to treat a complete range of stress-related issues. It is frequently utilized in conjunction with different alternative therapies but is not considered a particular cure for medical conditions or diseases.

One of the more popular reflexology benefits and applications are for the reduction of stress. At present, lots of people have elevated stress levels because of mental, emotional and physical stress. Reflexology therapy could be used to successfully help relax the body and the mind by minimizing the impact of stress and helping to restore an overall general feeling of health.

People of whatever age could benefit very much from reflexology treatments. Some people could participate in the therapy on a regular basis whereas others may only take a treatment sometimes. Those who seek regular treatments think that reflexology helps them to maintain their health and well-being.

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

Reflexology is performed by a practitioner who has taken courses and is trained and educated utilizing zone therapy. A skillful Reflexologist could notice subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as color and texture of the skin amongst other things. By applying pressure to a certain zone, a Reflexologist might be able to affect the organ or body system which is said to correspond with that particular zone.

A standard reflexology treatment session lasts more or less an hour. During this time, a Reflexologist utilized their hands and specially their thumbs 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 needs of the patient. It is often recommended to drink lots of water following a session to be able to help the body flush out many of the toxins that were released all through the session.