

## Reflexology Vancouver

Reflexology Vancouver - Reflexology therapy comprises massaging particular pressure points on the feet, ears or hands so as to heal and treat ailments on the person's body. This particular therapy is a gentle form of massage utilized to help maintain the body's natural balance. Lots 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 referred to this type of treatment as zone therapy.

The treatment of reflexology has been utilized in order to successfully treat a variety of health issues comprising: sports injuries, migraines, back pains and arthritis. Several individuals have used reflexology to treat various problems like for example infertility, sleep disorders, hormonal imbalances and digestive disorders. There are lots of people who rely on reflexology to be able to treat a complete range of stress-related conditions. It is usually used in conjunction with various alternative therapies but is not considered a specific cure for medical diseases or conditions.

Among the more popular reflexology benefits and applications are for the reduction of stress. Today, various individuals have elevated stress levels due to physical, mental and emotional stress. Reflexology therapy can be used in order 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.

Reflexology treatments could significantly benefit individuals of various ages. Some individuals could participate in occasional treatments, whereas others would partake in regular therapies. People who look for regular treatments think that reflexology helps them to maintain their well-being and health.

A lot of health doctors and health care professionals recognize Reflexology as an effective therapeutic treatment and it is nice that it is not only known by individuals interested in alternative therapies. 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 using zone therapy. A skillful Reflexologist can 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 particular zone, a Reflexologist might be able to have an effect on the organ or body system that is said to correspond with that specific zone.

A standard reflexology treatment session lasts roughly an hour. Throughout this time, a Reflexologist uses their hands and especially 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 requirements of the patient. It is normally recommended to drink a lot of water after a session in order to help the body eliminate a lot of the toxins which were released throughout the session.