

Reflexology Halifax

Reflexology Halifax - Reflexology therapy involves massaging certain pressure points on the feet, ears or hands in order to treat and heal ailments on the person's body. This particular therapy is a gentle form of massage used to help maintain the body's natural balance. Numerous Reflexology practitioners will concentrate on the feet.

The use of reflexology dates back to ancient Greece, Egypt and China. A doctor with the name of William Fitzgerald firstly introduced it to Western civilizations in the 20th century. In the 20th century, Dr. William Fitzgerald was the 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 meant for a variety of health issues including: sports injuries, migraines, back pains and arthritis. Various individuals have used reflexology in order to treat different problems like for example sleep disorders, hormonal imbalances, digestive disorders and infertility. There are a lot of people who depend on reflexology to treat a whole range of stress-related problems. It is usually used in conjunction with other alternative therapies but is not considered a particular cure utilized for medical diseases or conditions.

Among reflexology's most popular applications is for stress relief. In today's society, people are inundated with increasing levels of physical, mental and emotional 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.

Individuals of whichever age can benefit greatly from reflexology treatments. Some people can partake in the therapy regularly while others can only take a treatment at times. People who look for regular treatments think that reflexology helps them to maintain their health and well-being.

Reflexology has moved into the conventional model of health care recently in view of the fact that lots of traditional health care providers have accepted reflexology as a really helpful treatment. Several 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 detect subtle alterations and 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 may be able to affect the organ or body system that is said to correspond with that specific zone.

A standard reflexology treatment session lasts approximately an hour. In this time, a Reflexologist utilized their hands and especially their thumbs in order 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 individual requirements of the patient. It is often recommended to drink a lot of water after a session in order to help the body get rid of many of the toxins that were released through the session.