Reflexology--

An ancient system from Egypt & China based around points on the feet thought to correspond to all areas of the body. The philosophy behind this modality is that every body system, including the organs, endocrine system, energy meridians, and nerves are mapped out on the tops & bottoms of the feet. Stimulating these points causes a subtle reaction in the corresponding parts of the body. The principles of reflexology are relaxation, bringing back a state of balance, release of toxins/toxic emotions, improving circulation in areas of congestion. You will be absolutely amazed at how relaxed you feel after receiving foot reflexology. Even though I have worked only on your feet (and calves), you will feel as though you’ve just had a full-body massage!

