

## Reflexology Timmins

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

Reflexology therapy dates back into earlier cultures in China, Greece and Egypt. In the 20th century, Dr. William Fitzgerald was the first to introduce this practice in Western Civilizations. Dr. Fitzgerald referred to this type of treatment as zone therapy.

Reflexology is utilized effectively as a therapeutic treatment meant for different health conditions including: arthritis, sports injuries, migraines and back pains. Some individuals and practitioners have also utilized reflexology to be able to treat concerns of digestive disorders, infertility, sleep disorders and hormonal imbalances. There are many individuals who depend on reflexology to treat an entire range of stress-related conditions. It is usually used in conjunction with different alternative therapies but is not considered a certain cure for medical conditions or diseases.

One of reflexology's most popular applications is utilized for stress relief. In today's society, individuals are swamped with increasing levels of mental, emotional and physical stress. Reflexology therapy can be used to effectively help relax the body and the mind by minimizing the effects of stress and helping to restore an overall general feeling of well-being.

Reflexology treatments could greatly benefit individuals of various ages. Some people can partake in occasional treatments, while others will participate in regular therapies. Individuals who seek regular treatments believe that reflexology helps them to maintain their well-being and health.

Numerous health care professionals and doctors recognize Reflexology as a useful therapeutic treatment and it is nice that it is not just known by those interested in alternative therapies. Numerous health professionals recommend it to their clients as a supplement to their conventional medical care.

Reflexology is done by a practitioner who has taken courses and is trained and educated using zone therapy. A skillful Reflexologist could detect 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 which is said to correspond with that specific zone.

A typical reflexology treatment session lasts about an hour. Through this time, a Reflexologist makes use of their hands and particularly their thumbs in order to apply pressure to the feet. The location 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 plenty of water after a session so as to help the body eliminate a lot of the toxins which were released through the session.