

## Reflexology Regina

Reflexology Regina - Reflexology therapy includes massaging specific pressure points on the feet, ears or hands to be able to heal and treat ailments on the individual's body. This particular therapy is a gentle form of massage utilized to be able to help maintain the body's natural balance. Several Reflexology practitioners will concentrate 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 so as to successfully treat a variety of health problems including: arthritis, sports injuries, migraines and back pains. Several individuals have utilized reflexology in order to treat different problems such as digestive disorders, infertility, sleep disorders and hormonal imbalances. There are numerous individuals who depend on reflexology to treat a complete range of stress-related problems. It is usually utilized in conjunction with various alternative therapies but is not considered a specific cure used for medical diseases or conditions.

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

People of every age can benefit very much from reflexology treatments. Some individuals may participate in the therapy on a regular basis whereas others can just take a treatment occasionally. People who seek regular treatments think that reflexology helps them to maintain their well-being and health.

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

Reflexology therapies are practiced by practitioners who have been educated and trained 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 among other things. By applying pressure to a particular zone, a Reflexologist may be able to affect the body system or the organ that is said to correspond with that particular zone.

A typical reflexology treatment session lasts around an hour. During this time, a Reflexologist utilized their hands and specially their thumbs 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 individual requirements of the patient. It is often suggested to drink lots of water after a session in order to help the body get rid of lots of the toxins which were released during the session.