

Foot reflexology

Reflexology is a gentle, natural and holistic method of therapy. It is based on the principle that the foot is a miniaturized representation of the human body. It is a manual therapy that stimulates the reflex zones in the foot by a specific touch. It allows energy to flow more freely through the body, locates tensions and restores balance in the corresponding parts of the body.

Foot reflexology acts on the whole person.

We will note in passing all kinds of improvements such as: regression and disappearance of headaches, improved blood circulation, intestinal transit, better quality of sleep, increased dynamism, etc..

After a session various reactions may occur:

You may feel tired, a disturbed sleep or conversely a leaden sleep, a change of mood, an increase of organic secretions (urine, sweat, diarrhoea...) it can happen but it is not a rule, indeed the body reacts in a different way according to the persons and the sessions.

These reactions are completely normal and temporary (up to 48 hours maximum after the session). Don't worry, it is a sign that your body is reacting to the treatment.

Foot reflexology is neither a massage nor a medical act and is not a substitute for any medical treatment. This natural medicine is a complementary support tool with a therapeutic aim.

Foot reflexology is well recommended as a preventive measure, before pain and discomfort set in. On the other hand, it is contraindicated in cases of foot inflammation, phlebitis, thrombosis, heart disease, organ transplants and during the first 3 months of pregnancy.

Sessions last 30 minutes and cost 30 Euros.

