

## Reflexology Owen Sound

Reflexology Owen Sound - Reflexology therapy consists of 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 kind of massage utilized so as to help maintain the body's natural balance. Numerous Reflexology practitioners will concentrate on the feet.

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

Reflexology is utilized effectively as a therapeutic treatment for different health issues including: migraines, back pain, arthritis and sports injuries. Several people have used reflexology so as to treat various problems such as infertility, sleep disorders, hormonal imbalances and digestive disorders. There are a lot of individuals who depend on reflexology to treat an entire range of stress-related issues. It is often used in conjunction with different alternative therapies but is not considered a certain cure used for medical conditions or diseases.

Among reflexology's most common applications is utilized for stress relief. In the society today, people are swamped with increasing levels of mental, emotional and physical stress. Reflexology therapy could be used in order to effectively help relax the body and the mind by minimizing the impact of stress and helping to restore an overall general feeling of well-being.

Reflexology treatments could significantly benefit people of different ages. Some individuals might partake in occasional treatments, whereas others will participate in regular therapies. Those who look for regular treatments believe that reflexology helps them to maintain their health and well-being.

Many health care professionals and doctors recognize Reflexology as a helpful therapeutic treatment and it is nice that it is not just known by those interested in alternative therapies. Various health professionals suggest 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 in the use of zone therapy. A good Reflexologist could spot subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as texture and color of the skin among 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 certain zone.

An average reflexology treatment session lasts around an hour. All through this time, a Reflexologist makes use of their hands and especially their thumbs to be able 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 personal needs of the patient. It is often suggested to drink plenty of water following a session to be able to help the body eliminate many of the toxins that were released through the session.