

## Aftercare Advice



To allow Reflexology to be beneficial please avoid the following in the next 24 hours:

- Caffeine
- Smoking
- Alcohol
- Drugs
- Strenuous Activity
- Long Drive
- Heavy Meals

If possible try and relax for the rest of the day, drink plenty of water, this will help toxins release from your body.

You may experience the following during or after the treatment:

- Aching or Soreness
- Tiredness
- Heightened mood
- Increased Digestion
- Headaches
- Dizziness

These reactions are normal and show that toxins are being expelled from the body so that it is rebalancing and cleansing itself.

Based At:  
*OpalLILY*

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*Serenity  
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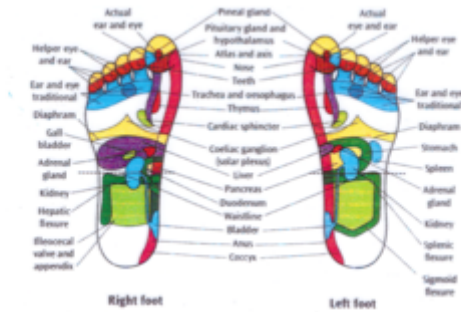
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*Reflexology  
Information and  
Aftercare Leaflet*

## Benefits Of Reflexology

- Reducing Stress
- Muscle Relaxation
- Improve Circulation
- Detoxifying & Cleansing
- Body Balancer
- Aid Digestion
- Aid Sleep Disorders
- Hormone Imbalances
- Migraines & Headaches
- Respiratory Infections
- Arthritis



## What is Reflexology?

Reflexology is a non-intrusive complementary therapy, based on the theory that via the nervous system different points on the feet, lower leg and hands correspond with different areas of the body.

When pressure is applied to these areas and points it stimulates the movement of energy along the nerve channels, this helps to restore homeostasis in the whole body.

There are over 7,000 nerve endings in the human foot; each of these is a reflex point that corresponds to a body part. Reflexology uses specific thumb, finger and hand techniques with the use of oil, cream or lotion to stimulate reflex points, which will stimulate the flow of energy to the corresponding body parts.

As reflex points are minute, the movements are quick, precise and care must be taken to cover all of them, to ensure that the treatment is comprehensive. However, there is no reason why a specific reflex point(s) can't be worked on more if an imbalance is detected. Imbalances manifest themselves through crystals at the affected reflex point, which may vary from being a slight crunch like sugar to lumps of various sizes. Dispersing these crystal and lumps is what unblocks energy channels, this is done by applying firm pressure with the thumb or fingers. It often takes several treatments to awaken the reflexes and start to see some effects.

See image above for corresponding body parts on the feet.