

Reflexology Kitchener

Reflexology Kitchener - Reflexology is a kind of therapy which involves massaging certain pressure points on the ears, feet or hands so as to treat and heal a person's whole body. This gentle type of therapy is utilized so as to help the body maintain its equilibrium and restore the body's natural balance. Lots of Reflexology practitioners will focus on the feet.

The use of reflexology dates back to ancient China, Greece and Egypt. A doctor named William Fitzgerald firstly introduced it to Western civilizations during the 20th century. In the 20th century, Dr. William Fitzgerald was the very first to introduce this practice in Western Civilizations. Dr. Fitzgerald called this particular type of treatment as zone therapy.

The treatment of reflexology has been used to be able to successfully treat various health conditions consisting of: migraines, back pain, arthritis and sports injuries. Some individuals have used reflexology to be able to treat various issues such as hormonal imbalances, digestive disorders, infertility and sleep disorders. There are lots of individuals who depend on reflexology to be able to treat a whole range of stress-related conditions. It is often utilized in conjunction with different alternative therapies but is not considered a particular cure utilized for medical diseases or conditions.

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

Reflexology treatments could really benefits people of various ages. Some individuals might partake in occasional treatments, while others would participate in regular therapies. People who look for regular treatments think that reflexology helps them to maintain their well-being and health.

Various health doctors and health care professionals recognize Reflexology as a helpful therapeutic treatment and it is nice that it is not only known by individuals interested in alternative therapies. Several health professionals recommend it to their clients as a supplement to their conventional medical care.

Reflexology therapies are practices by practitioners who have been educated and trained in zone therapy. Therapists are trained to notice subtle changes and alterations 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 particular zone, a Reflexologist might be able to have an effect on the organ or body system that is said to correspond with that specific zone.

A standard reflexology treatment session lasts roughly an hour. All through this time, a Reflexologist uses 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 needs of the patient. It is normally suggested to drink a lot of water following a session to be able to help the body eliminate a lot of the toxins that were released all through the session.