



Client Aftercare

Reflexology is a scientifically proven complimentary therapy based on the principle that the body will, given the opportunity, heal itself and bring about a state of natural balance in order that it may function to its full capacity.

Following your treatment these few simple steps may help to aid or enhance the benefits of reflexology.

Rest is important to your body. It not only allows it time to repair itself but helps us to recover from the stresses and strains of everyday life.

Eat a healthy, well balanced diet.

Fluids are an essential part of life. They aid the body in all its primary functions. Try to increase the amount of water that you drink following your treatment as this helps the body to cleanse itself and to detoxify.

Listen to what your body is telling you. If you feel tired, rest. If you feel thirsty, drink. It is amazing what you actually hear.

Exercise tones the muscles and increases circulation and elimination. Five minutes of exercise can be enough to release endorphins into the body. These have been shown to improve mood and to give a general feeling of well-being.

Xtra time. Remember to set aside a little extra time for yourself and to learn how to relax.

It is possible that following your treatments you may have more energy and feel uplifted. You may alternatively feel more tired or have aches and pains for a day or two. Sometimes your symptoms may actually become worse before they begin to improve. Despite the temporary discomfort these should be welcomed as it indicates that the body is in the process of cleansing and healing itself. This is known as the HEALING PROCESS. Such symptoms are short lived and will leave you with a greater sense of well-being and harmony.

A Step to Better Health