

WHAT IS REFLEXOLOGY

"A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body." By stimulating and applying pressure to the feet or hands, you are increasing circulation and promoting specific bodily and muscular functions. Kevin Kunz, one of the pioneers of reflexology, puts it best – "Imagine stepping on a tack. Your whole body reacts because of something perceived by the foot. Reflexology with a full range of pressure sensors, utilizes the same body system of fight or flight to relax the body." Indeed, the feet and hands are more sensitive than most people realize. Similar to how we use our eyes to detect light, the hands and feet detect pressure, stretch, movement and weight distribution.

