

What happens when I go for reflexology?

Reflexology is a very easy treatment to receive; at most you will be asked to remove your shoes and socks.

A full medical history will be taken and you will be asked to sign a consent form agreeing to the treatment. All information will be kept confidentially.

The therapist will then use their thumbs, fingers or knuckles to apply pressure to the feet and sometimes the lower leg, hands, ears or face depending on the type of reflexology chosen. Some areas of the feet may feel tender when pressed, but this will pass. The general experience should feel relaxing.

The therapist will talk to you after your treatment about what they felt, which may lead them to recommend further treatments to aid wellbeing.

How will I feel after the treatment?

After one or two treatments, most people feel an improved sense of wellbeing and experience a feeling of deep relaxation. Occasionally people report experiencing a mild headache, feeling tired or needing to go to the toilet more often following their treatment. These are normal reactions and should pass within 24-48 hours; reflexologists believe this is part of the healing process.

Please note: Reflexology should not be used as an alternative to seeking medical advice

MAR - the sign of a professional and a wise choice

By choosing a reflexologist with the letters MAR, FMAR or HIMAR after their name, you choose a therapist with Full Membership status of the Association of Reflexologists. This means that they continually demonstrate that they have met the strictest standards for professional excellence in reflexology practice, as well as being committed to continually developing their skills and knowledge. All members of the Association agree to abide by the Association's Code of Practice and have confirmed that they are insured to practice.

For more information about the Association of Reflexologists or to check if your practitioner is a member, please visit:

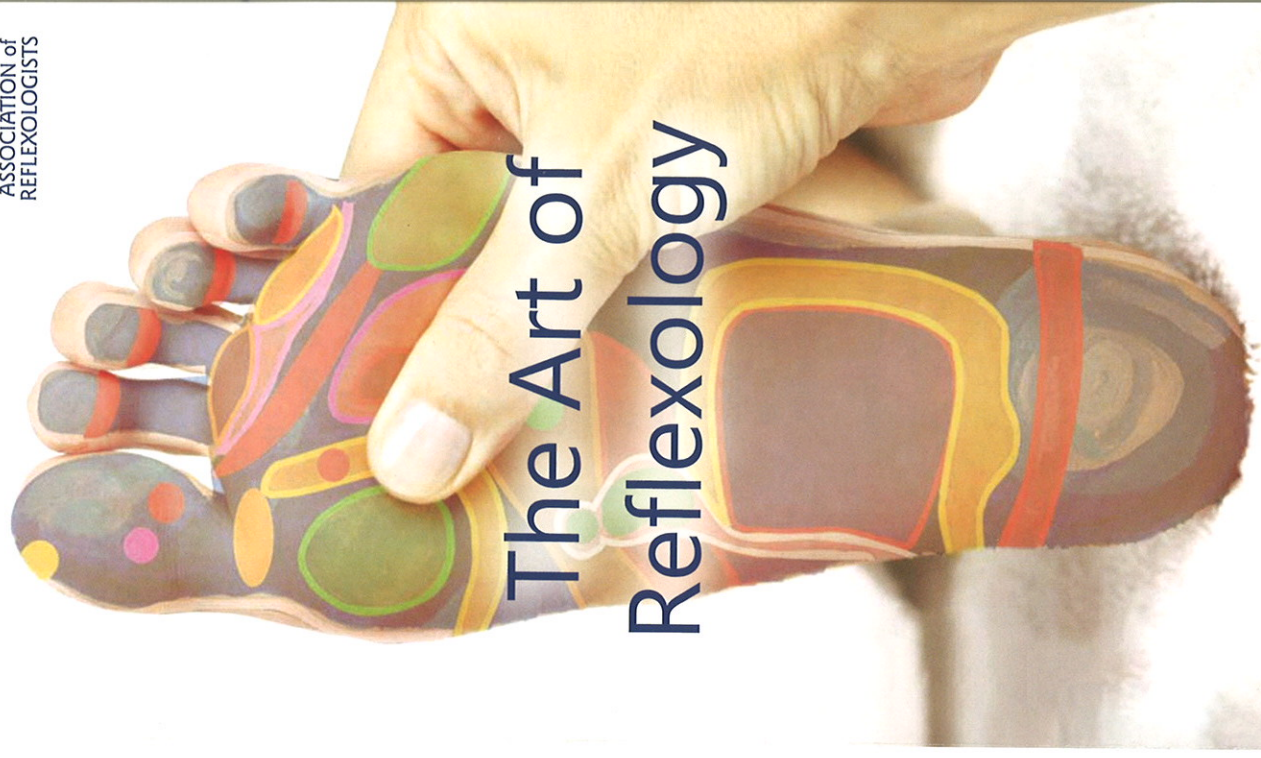
www.aor.org.uk

About the practitioner who provided this leaflet:



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What is reflexology?

The art of reflexology is an ancient therapy that has been practiced for over 5000 years and was introduced to the western world over 100 years ago. Reflexology is a non-intrusive complementary therapy which is based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body. Reflexologists believe that working these points or areas aids relaxation and helps improve wellbeing.

With ever increasing levels of stress in everyday life, it is important for people to recognise the detrimental effect that this can have and to take action to address their own healthcare needs; as such, reflexology could be one of the ways you might employ to ease the stresses of modern life.

Improved wellbeing is much more than simply the absence of illness; it also includes an improved frame of mind, better relationships with those around you and increased happiness.

Things that may benefit from reflexology

Wellbeing

Release of tension

Mood improvement

Sleep

Relaxation

Perception of health

Will I benefit from reflexology?

As holistic practitioners, reflexologists are there to support you as a whole person and promote your wellbeing. Therefore, reflexologists do not diagnose, prescribe or cure.

Reflexology acknowledges that every person is a unique individual; it is not possible to know in advance how you will react to a treatment. However, after a treatment, people often do feel very relaxed, may sleep better and notice a feeling of improved mood and general wellbeing. You may find that other things improve too, but this happens on a very individual basis.

There have been some positive research projects carried out with reflexology but there is not a large enough body of evidence for us to make clinical claims of effectiveness.

The only real way to know if reflexology will help you is to try it!