

What is reflexology?

Reflexology is a therapy where pressure is applied to specific areas of the feet. These areas are linked to parts of the body which respond to this pressure. Pressure to the reflex points stimulate and restore a flow of energy along channels. Reflexology can release tensions, relieve stress and illness and encourage healing.



What happens in a reflexology session?

At the start of your first reflexology session you will be asked some questions about your medical history, lifestyle and health. You will then take off your shoes and socks and make yourself comfortable on the treatment couch. The treatment starts with gently massaging the feet to help you relax and to prepare you for your reflexology treatment. Then pressure is applied to specific points of the feet. Every part of the foot and lower leg is worked on and to finish the treatment there is a gentle massage of the foot. Reflexology sessions are usually 45 minutes to an hour long.

Reflexology can treat a wide range of symptoms and promotes overall good health. General aims are to boost the immune system, reduce pain and help with the management of stress and anxiety. For people with cancer, reflexology is offered to aid relaxation and reduce anxiety. Reflexology is also thought to relieve pain and sickness caused by cancer and its treatment, improve wellbeing and support the immune system.

There has recently been a study at Cardiff Metropolitan University relating to breast cancer. It was found that reflexology greatly reduces the swelling in women with breast-cancer related lymphedema.