

Reflexology Lloydminster

Reflexology Lloydminster - Reflexology is a kind of therapy that comprises massaging particular 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 to help the body maintain its equilibrium as well as restore the body's natural balance. A lot of Reflexology practitioners will concentrate on the feet.

The use of reflexology dates back to ancient Egypt, China and Greece. A doctor with the name of William Fitzgerald first introduced it to Western civilizations during the 20th century. During 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.

Reflexology is used effectively as a therapeutic treatment meant for a variety of health problems including: migraines, back pain, arthritis and sports injuries. Various individuals have utilized reflexology so as to treat other problems like infertility, sleep disorders, hormonal imbalances and digestive disorders. There are various individuals who depend on reflexology to treat an entire range of stress-related problems. It is often used in conjunction with other alternative therapies but is not considered a specific cure utilized for medical diseases or conditions.

Among reflexology's most common applications is utilized for stress relief. In today's society, individuals are swamped with increasing levels of mental, emotional and physical stress. Reflexology therapy can be used to successfully help relax the mind and the body by minimizing the effects of stress and helping to restore an overall general feeling of well-being.

People of whatever age can benefit greatly from reflexology treatments. Some people can participate in the therapy on a regular basis while others may only take a treatment sometimes. Those who seek regular treatments think that reflexology helps them to maintain their well-being and health.

Many health care professionals and doctors recognize Reflexology as a helpful therapeutic treatment and it is nice that it is not just known by people interested in alternative therapies. Various health professionals suggest it to their clients as a supplement to their conventional medical care.

Reflexology is done by a practitioner who has taken courses and is educated and trained in the use of zone therapy. A skillful Reflexologist can notice subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as color and texture of the skin amongst other things. By applying pressure to a certain zone, a Reflexologist may be able to have an effect on the organ or body system that is said to correspond with that specific zone.

An average reflexology treatment session lasts around an hour. Throughout this time, a Reflexologist uses their hands and specially their thumbs so as 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 personal needs of the patient. It is often recommended to drink a lot of water after a session so as to help the body get rid of a lot of the toxins which were released throughout the session.