

Reflexology Saskatoon

Reflexology Saskatoon - Reflexology therapy comprises massaging specific pressure points on the ears, hands and feet so as to treat and heal ailments on the individual's body. This particular therapy is a gentle type of massage utilized so as to help maintain the body's natural balance. Many Reflexology practitioners will concentrate on the feet.

Reflexology therapy dates back into earlier cultures in Egypt, China and Greece. 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 utilized effectively as a therapeutic treatment for various health conditions comprising: sports injuries, migraines, back pains and arthritis. Some people and practitioners have even used reflexology to treat problems of sleep disorders, hormonal imbalances, digestive disorders and infertility. There are several people who rely on reflexology in order to treat a complete range of stress-related issues. It is frequently used in conjunction with various alternative therapies but is not considered a particular cure for medical conditions or diseases.

Amongst the more common reflexology benefits and applications are utilized for the reduction of stress. These days, numerous people have elevated stress levels due to emotional, physical and mental stress. Reflexology therapy can be used so as to efficiently help relax the mind and the body by minimizing the impact of stress and helping to restore an overall general feeling of health.

Reflexology treatments could significantly benefit people of various ages. Some individuals may participate in occasional treatments, whereas others would participate in regular therapies. People who look for regular treatments think that reflexology helps them to maintain their health and well-being.

Several health doctors and health care professionals recognize Reflexology as an effective therapeutic treatment and it is nice that it is not just known by those interested in alternative therapies. Numerous health professionals recommend 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 competent Reflexologist could detect subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as texture and color of the skin amongst other things. By applying pressure to a particular zone, a Reflexologist may be able to have an effect on the body system or the organ that is said to correspond with that certain zone.

The average treatment will last for about an hour. In the session, Reflexologists utilize their fingers and specially their thumbs so as to apply pressure to the feet. The spot and the amount of the pressure and the effect of the treatment is said to depend on the individual needs of the patient. It is usually suggested to drink a lot of water following a session so as to help the body get rid of a lot of the toxins which were released throughout the session.