

## *An Introduction to* **REFLEXOLOGY** *by the Acacia Beauty*

The Acacia Beauty Centre opened in the summer of 2010 to provide a comprehensive range of Beauty and Holistic treatments.

Acacia is situated in a Granary Annex in Newlands Manor Farm, nearby to the New Forest Water Gardens: half way between Lymington and New Milton. Acacia Centre is located in a quiet and secluded space that allows for complete privacy within our treatment rooms, with ample on-site parking.



The Acacia Beauty Academy is internationally recognised as a Training Centre for the delivery and assessment of qualifications up to level 3 in the Beauty Industry, in addition to our special Home and Personal Care classes.

Pauline Crates is our Director of Education, with over 30 years experience in the beauty industry. Pauline is an expert in skincare and makeup and heads our team of therapists and consultants.

### **What is reflexology?**

Whilst the art of reflexology dates back to Ancient Egypt, India and China, it wasn't until 1913 that Dr. William Fitzgerald introduced this therapy to the West as 'zone therapy'. He noted that reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone.

In the 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot is mirrored in the corresponding part of the body.



Reflexology is complementary therapy, which works on the feet to aid healing to the whole person not just the prevailing symptoms.

## How may Reflexology help me?

Reflexology can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance.

There is some suggestion that reflexology may aid:

- Stress-related conditions
- Back Pain
- Migraine
- Fertility
- Sleep disorders
- Hormonal Imbalances

Reflexologists do not claim to cure, diagnose or prescribe. Each session of reflexology works on an individual basis.

Many people use reflexology as a way of relaxing the mind and body and counteracting stress. Some doctors, consultants and other health care professionals recognise reflexology as a well established, respected and effective therapy.



With every increasing levels of stress, it is important people take more responsibility for their own health care needs.

Reflexology helps us to cope on a physical, mental and emotional level there by encouraging us to heal and maintain health in all areas of our lives.

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

## Who can benefit from reflexology?

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions.

After having completed a course of reflexology treatments for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being.

## What happens when I go for a treatment?



On the first visit, the reflexology practitioner will have a preliminary talk with you to determine your present and past health and lifestyle.

The reflexologist will then use their hands to apply pressure to the feet. The application and the effect of the therapy are unique to each person.

A professionally trained reflexologist can detect subtle changes in specific points on the feet, and by working on these points may affect the corresponding organ or system of the body.

A treatment session usually lasts for about one hour. A course of treatment may be recommended depending on your body's needs.

## How will I feel after a reflexology treatment?

After one or two treatments your body may respond in a very definite way. Most people note a sense of well-being and relaxation; sometimes people report feeling lethargic, nauseous or tearful, but this is transitory and is part of the healing process.

This is vital information to feed back to the reflexologist as it shows how your body is responding to treatment. This will help the reflexologist to tailor a treatment plan specific to your needs.

## Is it a medical treatment?

No but it helps maintain and restore health. The reflexologist can detect imbalances in the body by working on problem areas accordingly to help correct them.

**To book a personal consultation or treatment in the Acacia Centre or at your Home at a time convenient to you please telephone the Acacia Beauty Centre 01590 645547**

**Email [acaciabeautytraining@gmail.com](mailto:acaciabeautytraining@gmail.com)**

