

Woodlands Hospice

Complementary Therapy

REFLEXOLOGY



WHAT IS REFLEXOLOGY?

- Reflexology involves the study and working of the reflex points on the hands and feet that are believed to correspond to other areas of the body.
- Reflexology can often be used in conjunction with your current medical treatment.
- Reflexology is a therapeutic technique performed by a qualified therapist which is thought to promote balance within the body, thus helping to increase feelings of well being.

WHO CAN BENEFIT FROM REFLEXOLOGY?

- Reflexology can be of benefit to most people. It can be used to help promote relaxation which can, in turn, assist with the reduction in feelings of stress and anxiety.
- Reflexology can also be used to help promote a healthy lifestyle, or for pleasure and relaxation purposes.

THE TREATMENT ITSELF

- Takes approximately 30 – 40 minutes in duration, with a medical history being taken on your first visit.
- Is private and confidential, between you and your therapist.

- Your progress is recorded in your notes (which are kept confidential) in order to assess your progress.

WHAT TO EXPECT AFTER A TREATMENT

- Most people feel pleasantly relaxed and calm after their treatment, often feeling an increase in energy levels and a decrease in the levels of fatigue.
- Occasionally, some mild after effects may be experienced, which can include: a mild headache, a runny nose, increased tiredness or extra trips to the toilet. This is a normal reaction and is due to your body re-balancing itself after the treatment.
- These usually disappear within one or two days, if experienced at all. If you feel generally unwell, please contact your therapist or GP for advice.
- Additional water is advised during this period to assist the body to flush the system after the treatment.
- **Always** follow the aftercare advice from your therapist, some oils may need your assistance after use to experience their optimum benefits and avoid possible side effects.