Foot Reflexology

Foot Reflexology is different from a standard foot massage. In Foot Reflexology, pressure is applied systematically to specific spots on the feet to stimulate different parts of body, including the internal organs. For example, pressing the toes can help clear the sinuses, and pressing near the heel improve digestion. Reflexology charts map out which spots on the feet correspond to which body parts.

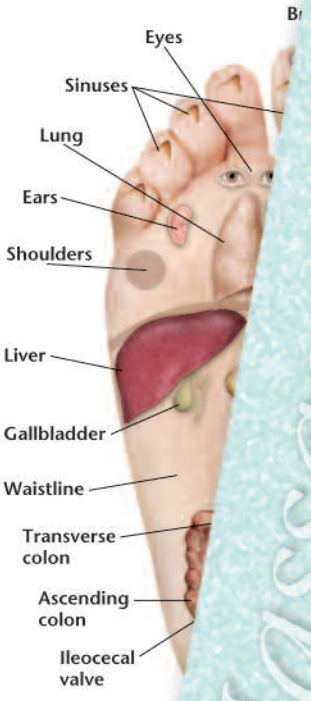
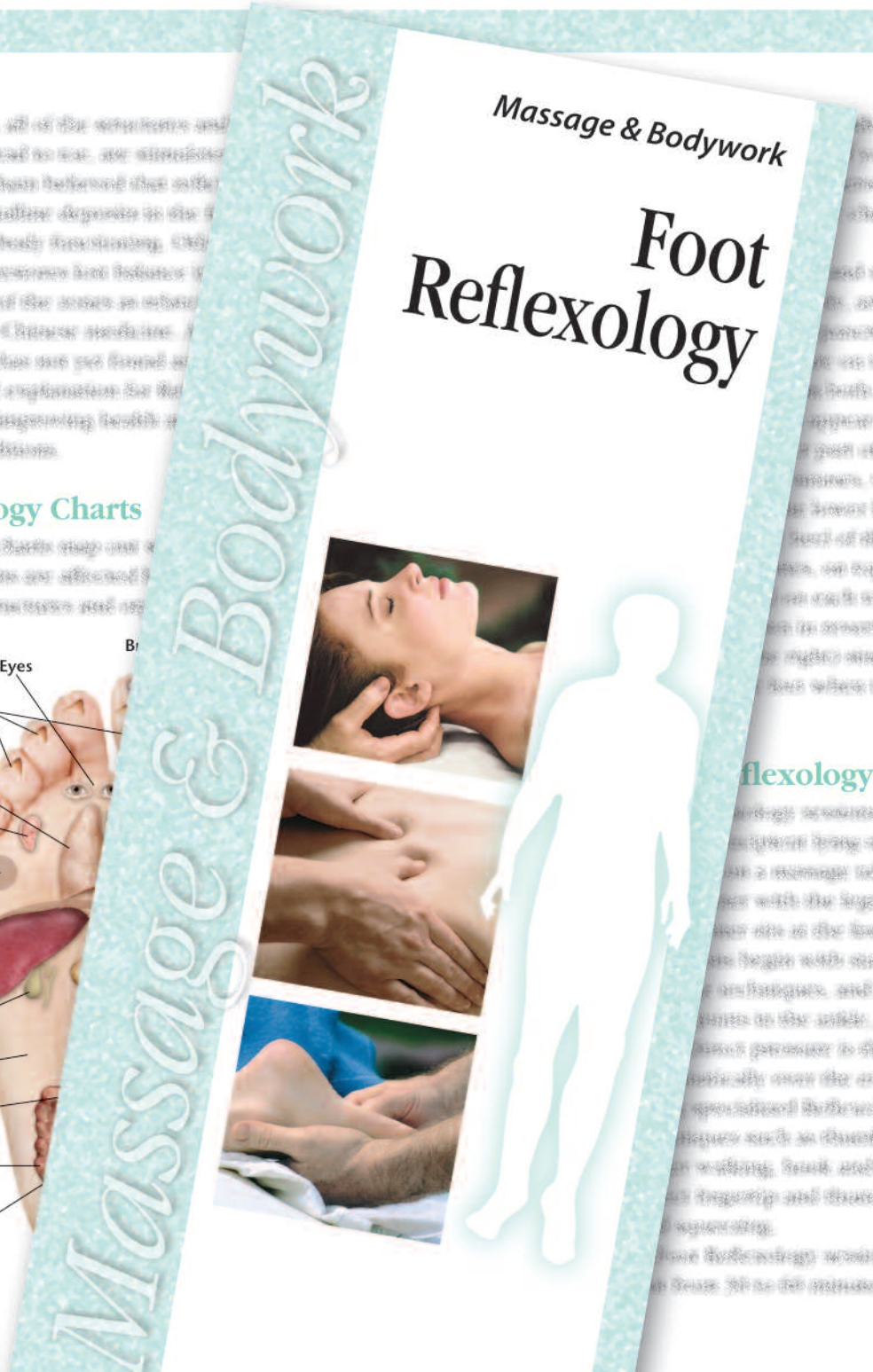
The goal of Foot Reflexology is to normalize function and increase circulation throughout the body, resulting in better health overall. It is also used to complement treatment for certain medical conditions.

History

In the late 1800's, neurological studies in England and Germany provided the scientific basis for the development of modern Reflexology. Foot Reflexology as it is known today was developed by Eunice Ingham (1889-1974) of the United States. Ingham combined a theory called Zone Therapy with compression massage of the feet, and created Foot Reflexology charts still considered accurate. In the 1950-1960s, Ingham taught Reflexology throughout North America, and it has since spread to all parts of the world.

Zone Therapy and Other Theories

Foot Reflexology is based on the theory of Zone Therapy. According to this theory, the body can be thought of as divided lengthwise into 10 zones. These longitudinal zones have endpoints in the top of the head, and in the hands and feet. The theory proposes that pressure applied anywhere in a zone affects the entire zone.

The feet have proven to be especially sensitive and easily accessible for Reflexology sessions. Direct pressure on endpoints in the feet causes a reflex action along the entire length of the corresponding

Reflexology Charts