

## How does it work?

The body has the ability to heal itself, however, during and following periods of stress, illness, injury or disease the body is in a state of imbalance and major body systems can be blocked, preventing the body from functioning optimally.

When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to help clear any blockages in the corresponding areas by helping to remove stress and activating a parasympathetic response. With stress removed and circulation improved, the body is allowed to return to a state of balance.



## What are the benefits?

- Relaxation with the removal of stress
- Enhanced circulation
- Assists the body to normalize metabolism naturally
- Complements all other healing modalities

## Benefits that clients have reported:

- Reduced stress
- Deep relaxation
- Released tension
- Decreased pain
- Improved sleep
- Improved hormonal and digestive issues
- Improved body function
- Increased strength and mobility
- Enhanced wellness
- Improved mood
- Improved body awareness

## How often?

The number of sessions vary and are determined on the client's health and reasons for seeking reflexology. You are more likely to see greater benefits from regular sessions in the beginning.

A general recommendation might be to begin with a session every week or two for 6-8 weeks, followed by a "tune-up" once a month or as needed.

### Services:

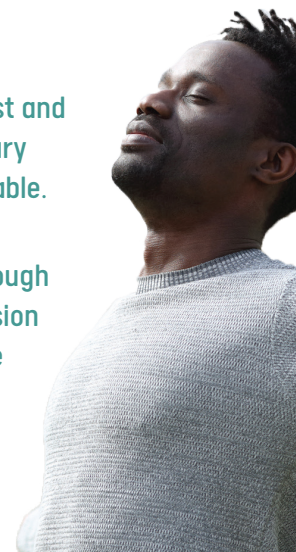
Foot Reflexology - 1 hour

Hand & Foot Reflexology - 75 mins

Reflexology Therapy can help your body function at its best!

Reflexology is one the safest and least invasive complementary therapeutic practices available.

It's safe for everyone, although pressure and length of session may vary depending on age and or illness.



## What is Reflexology?

Reflexology is a natural holistic therapy based on the principle that there are zones and reflexes in the feet (and hands) that correspond to every organ, gland, and part of the body.

The goal of reflexology is to support your body's attempt to rest and restore. Applying specific techniques and pressure to the reflexes can help to relieve tension, improve circulation and help support the body into healing itself.



live to  
thrive  
WELLNESS

## Reflexology



live to  
thrive  
WELLNESS

Fairview Centre, 16050 Old Simcoe Road,  
Unit #2, Port Perry, ON L9L 1P3  
289-354-1188  
livetothrivewellness@gmail.com

Instagram: @livetothrivewellness  
Facebook: Live to Thrive Wellness

**Wendy Switzer**  
Registered Reflexologist

[www.livetothrivewellness.com](http://www.livetothrivewellness.com)

