

Hello Gorgeous

411 Broadway
Valley Springs, SD 57068
605-757-6157

www.HelloGorgeousInc.com

REFLEXOLOGY

WHAT IS REFLEXOLOGY?

Reflexology is the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change to the body.

WHAT IS THE HISTORY OF REFLEXOLOGY?

Around the world and throughout history Reflexology has been rediscovered and reinstated as a health practice time and time again by peoples around the globe seeking to deal with health concerns. Archeological evidence Egypt (2330 BCE), China (2704 BCE) and Japan (690 CE) points to ancient Reflexology medical systems. In the West the concept of Reflexology began to emerge in the 19th century, based on research into the nervous system and reflex. While no direct evidence of direct cross-fertilization from ancient times has been discovered, the practice of foot and hand work in a variety of cultures, belief systems and historical periods speaks to Reflexology for health as a universal bridging concept.

HOW DOES REFLEXOLOGY WORK?

There are many theories but in our approach we look at the nervous system as the explanation of Reflexology's working. Pressure sensors in the feet and hands are a part of the body's reflexive response that makes possible the "fight or flight" reaction to danger. Feet ready to flee and hands ready to fight communicate with the body's internal organs to make possible wither eventuality. The sudden adrenal surge that enables a person to lift a car is an example of this reaction. Reflexology taps into this reflex network, providing an exercise of pressure sensors and thus the internal organs to which they are inextricably tied.

WHERE DO YOU APPLY TECHNIQUE?

We apply techniques to the feet and hands. There is a school of thought that also applies it to the ear arguing it is also Reflexology. The techniques, however, are modified from auricular therapy, an acupuncture technique. It could be argued that all bodywork is reflexive therefore Reflexology. We find that the extremities have a powerful influence because of locomotion. While we acknowledge that repeated patterns exist throughout the body we find our most effective focus to be the feet and hands.

HOW IS TECHNIQUE APPLIED?

Pressure is applied to the feet and hands using specific thumb, finger and hand techniques. Stretch and movement techniques are utilized as "desserts" to provide relaxation to the foot. Oil, cream and lotion is not utilized in traditional Reflexology work. Tools or instruments are used for self help application only due to safety concerns.

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HOW REFLEX AREA CHARTS OR MAPS ORGANIZED?

The body is reflected on the feet or hands. Left foot/hand reflects the left side of the body and the right foot/hand the right side. The spine reflex area runs down the insides of the foot and hand with reflex areas for the arm and shoulder reflected toward the outside of the foot or hand. The toes and fingers reflect head and neck reflex areas as well as those of the internal parts of the body they enclose. The ball of the foot mirrors the chest and upper back in addition the heart and lungs. At the base of the long bones of the feet and hands is represented the waistline of the body. Portions of the body above its waistline are mirrored above this line toward the toes or fingers and those below the waistline toward the heels of the foot or hand. Internal organs lying above the body's waistline are reflected by reflex areas above this line while those below the waistline are mirrored below this line.

WHAT ARE THE BENEFITS OF REFLEXOLOGY ?

In general terms the benefits of Reflexology have to do with the reduction of stress. Because the feet and hands help set the tension level for the rest of the body they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium. Whether Reflexology can benefit certain conditions and diseases is still under investigation. Further scientific study need to be done in order to come to some definite benefits of Reflexology in regard to illness and disease. Reflexology is a complement to standard medical care. It should not be construed as medical advice. It should not be a replacement to medical help. Please use it wisely. We care about your safety.

WHAT CAN A REFLEXOLOGIST BE ABLE TO TELL ME ABOUT MY HEALTH?

Reflexology assessment takes place as stress cues are evaluated. Stress cues are parts of the foot or hand that shows adaptation to stress. Adaptation is shown by visual signs such as callousing, knobby toes or bunion. Indications of stress are also seen as sensitivity to technique application or touch signs perceived by the Reflexologist as technique is applied. The assessment of such stress cues allows the Reflexologist to target areas of stress and to design a session of pressure technique application appropriate to provide relaxation specific to the individual.

WHEN SHOULD I DO REFLEXOLOGY?

Reflexology can be done practically anytime and anywhere. The trick is consistency. We have been impressed with the results from China. Their secret seems to be that they do reflexology once a day for six days in two week segments. Then they review the results and do more segments as necessary. Build Reflexology into your life.

WHO DOES REFLEXOLOGY?

There are a variety of people doing reflexology from concerned parents to doctors in China. It is a useful tool for a variety of situations. Many professions have taken up Reflexology from Cosmetologists to nurses. Reflexology is now being introduced into hospitals and HMO's. It is even being considered for insurance reimbursement. There are full time professionals doing Reflexology. We think the future looks bright for Reflexology and the profession of Reflexology.

