

BAREFOOT IN BIDEFORD REFLEXOLOGY



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BENEFITS OF TUNING FORK VIBRATIONS DURING MY REFLEXOLOGY SESSIONS

WHY I USE A TUNING FORK

Vibrations can help restore balance and harmony within the body and promote deep relaxation. Vibrations travel through the body to your cells. When your cells are in harmony, your overall health and wellbeing will improve. A tuning fork can gently support the body in correcting its own vibrational imbalances and help synchronise with natural cycles. These vibrations can promote free energy flow through our energy pathways, helping bring the body back to its natural state of balance (homeostasis). I use a 136 Hz fork which is the relaxation frequency and a 285 Hz fork which is the healing frequency.

BENEFITS OF VIBRATION

- Encourages deep relaxation
- Helps calm the nervous system
- Helps restore natural balance/harmony
- Can Heighten sense of awareness
- Encourages the natural healing process
- Stimulates natural energy flow (Qi)
- Promotes overall physical, emotional and spiritual wellbeing

HOW YOU MIGHT FEEL

You are likely to feel some vibrations moving through your body and sensations in associated parts of the body. It may feel cool when the fork is placed on your body.

