

8 THINGS REFLEXOLOGISTS WOULD LOVE YOU TO KNOW

1. We don't care about leg hair!

It's true! We genuinely don't care if you've shaved your legs or not!

2. We never judge you

When we ask you to answer questions about your lifestyle or medical conditions we are curious to know the honest answer. We do not judge you instead we offer some advice if appropriate or some lifestyle changes which might help you move towards and achieve your goals/wellbeing.

3. We ask lots of questions so we can help you!

If you've ever been for a treatment you might have found that the therapist asks lots of questions about your health and lifestyle. This is so that we can give you the best possible treatment and understand what is going on for you.

4. You don't need a fresh pedicure or to remove all your hard skin before your appointment!

We truly aren't bothered if you've not trimmed your toe nails or if your nail polish is a bit chipped! Also hard skin can often indicate where a reflex is out of balance. It can show that your body is attempting to protect itself. It can also show where footwear has been rubbing.

5. Sometimes it gets worse before it gets better!

Reflexology is great for speeding up the healing process. The body will sometimes rid itself of things it no longer needs. You might find that your pain suddenly gets worse before lessening. For example, if you have the beginnings of a cold, you might find that reflexology helps bring on the symptoms so you might find that you have a terrible cold but for a short period of time before feeling much better.

6. We really don't mind if you fall asleep and snore!

One thing that reflexologists get very excited about is clients falling into a deeply relaxed, calm state (Alpha state) either where they have drifted off or started gently snoring. You tumble might rumble and you may even pass wind! PLEASE just don't worry about it. Do what you have to do...and RELAX!

7. We need access to your feet and lower legs

I mention this a lot and it is really important. Please come for your treatment wearing loose legged trousers or leggings. We need to access the whole lower legs and feet for the treatment. Please avoid wearing tights where possible.

8. Changes take time!

Reflexology has a cumulative effect and changes (probably) won't happen overnight! We suggest that the effects of the treatments will increase by having regular treatments and taking smallish steps towards creating a nourishing and self-care centred lifestyle. Please note there is no magic wand! Things take time, changes take time.

