

## Sensations felt during your reflexology treatment ~

- ✧ a feeling of deep relaxation
- ✧ a warm glow as energy blockages are released
- ✧ twitching or mini muscle contractions
- ✧ feelings of expansion and spreading as your body relaxes
- ✧ tingling sensations
- ✧ emotional release
- ✧ warmth in the area being worked on
- ✧ temperature change - cold or hot
- ✧ tummy rumbles (energy shifting)
- ✧ tired or yawning
- ✧ changes in expression
- ✧ drifting in and out of your awake state
- ✧ change on breathing as your body relaxes
- ✧ sudden thirst/dry mouth or throat

## **Sensations felt after and between reflexology treatments ~**

- ✧ a state of deep relaxation
- ✧ possible change in sleep patterns
- ✧ emotional changes with a greater awareness
- ✧ potentially increased urination
- ✧ potentially more frequent bowel movement
- ✧ need to drink more water (the body needs hydration as it heals)
- ✧ greater clarity and focus
- ✧ sometimes you might feel like you've got a cold or sore throat coming on (all part of the healing process)