

Reflexology

Reflexology is several thousand years old. Evidence of practices similar to reflexology appears in ancient Egypt.

A well-known tomb painting from around 2330 BCE shows people working on hands and feet, suggesting early forms of pressure therapy.

Similar ideas also existed in ancient China and India, where foot and hand massage were linked to health and energy flow.

Practitioners apply gentle to firm pressure to these areas with the goal of promoting relaxation and supporting overall well-being. Areas of the toes are often associated with the head and neck, while the arch of the foot is linked to internal organs.

In reflexology, stimulating these points or areas stimulates healing and improved function in the corresponding organs or systems of organs.

The practice works on the principle that the body is interconnected, and applying pressure to specific reflex points activates the body's natural healing responses. By encouraging balance, circulation, and nerve communication, reflexology supports overall health and well-being.

Fee: \$125 for 60 minutes

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**Call us at 905-884-3262
to book a session with Angelica Necula,
Homeopath, Bowen Therapist, Reflexologist**

