

What is Reflexology?

Reflexology is the practice of applying specific pressure to reflex areas on parts of the feet, or sometimes hands and ears, with a goal of encouraging a beneficial effect on other parts of the body, or to try to improve general health.

Benefits include ...

deep relaxation, pain management, improved circulation, increased oxygen and nutrient supply, detoxification, increased sense of well being and vitality, relief from PMS, reduced stress, relief from symptoms (including arthritis, gout, plantar fasciitis, neuromas, and more)

How many treatments do I need?

For maintenance of health, treatments are recommended once or twice per month (more if desired). For more serious health problems, treatments can be done much more frequently.

How long does it take?

Regular treatments last approximately one hour in our Day Spa in Yakima.

What can I expect?

Each session starts with a detoxifying foot soak then you will lie on your back on a comfortable table, face up, with your shoes and socks removed. Shorts or sweat pants are recommended. The setting should be peaceful. The reflexology practitioner will take a case history of past and present health and current lifestyle. It is recommended that you drink plenty of water the rest of the day.

Effects of Reflexology ...

The person being treated will experience a variety of sensations as different areas of the feet are worked on. Any feeling of pain or discomfort when a "congested" area is being treated is usually brief and soon goes, leaving a feeling of release that can often be felt almost at once. Most people report a feeling of lightness and relaxation, with renewed energy, immediately after a session of treatment.



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