



## WHAT IS REFLEXOLOGY?

Reflexology is a holistic, non-invasive modality which complements other therapies and modern medicine. It benefits everyone from conception to aged care.

Reflexology is the application of pressure and soothing techniques to areas of feet, hands, face or ears. Amputees may also benefit from reflexology.

Reflexology has been a part of human life for over 3000 years and is once again becoming part of health care systems around the world.

## HOW DOES IT WORK?

Reflexology is based on the principle that certain parts of the body reflect the whole. Reflex points, which relate to all parts of the body, can be found in the feet, hands, face and ears. These points respond to pressure, stimulating the body's own natural healing process. The body starts progressively clearing blockages, re-establishing energy flows and balancing itself, resulting in better health.

There are many different styles and approaches used in reflexology, however the basic principle is constant. Subtle yet powerful, reflexology is becoming increasingly popular in the world of complementary therapies.

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## WHAT CAN IT DO FOR ME?

- ◆ Reduces stress
- ◆ Relieves pain
- ◆ Balances the nervous system
- ◆ Improves sleep quality
- ◆ Boosts lymphatic function
- ◆ Improves circulation
- ◆ Detoxifies the body
- ◆ Enhances the body's natural healing process
- ◆ Balances all body systems
- ◆ Increases effectiveness of other medical treatments e.g. chemotherapy
- ◆ Improves post-operative recuperation and rehabilitation

### Case Study

*A Danish workplace employed a reflexologist for 6 months. 52 employees (all women) were treated for various ailments.*

- ◆ Sick leave fell by 65.9%
- ◆ 97.5% had a positive effect on their primary problem
- ◆ 77.5% had a positive effect on their secondary problem
- ◆ They had a 27.5% reduction in medication.

*(Research has been published and undertaken by the FDZ - the Danish Reflexology Association)*

### About Us



The Reflexology Association of Australia is an independent, non-profit organisation and is not affiliated with any educational institution. It is managed by a national Board of Directors, and has branch committees in each State. All positions are honorary.

### Reflexology Association of Australia

T National Office 07 3396 9001 or 1300 733 711

E [admin@reflexology.org.au](mailto:admin@reflexology.org.au)

W [reflexology.org.au](http://reflexology.org.au)

You can find your nearest professional Reflexologist using the **FIND A PRACTITIONER** tool on our website  
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