



Parks and Recreation Department

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# Reflexology

Foot reflexology massage can be a deeply relaxing and therapeutic treatment for those suffering from plantar fasciitis, ankle injuries or even everyday work and play. This can also decrease stress and anxiety in the entire body. After a foot massage in the essential oil of your choice there will be pressure placed on areas of the foot that correlate to the body organs.

Pressure is applied by finger pressure or a hand held device which allows for precise pressure on tiny areas of the feet. After the session many clients express a deep sense of relaxation and calmness and refreshing invigorating sensation of the bottoms of their feet. Hot towels around each foot end the session. This allows for the essential oils to be more readily absorbed into the pores that are located on the bottoms of the feet.