

Top 10 Possible Responses to a Reflexology Treatment

1. Warm Feeling: The corresponding reflex point in the body often will feel warm in reaction to the Reflex point being stimulated.

2. Tiredness the body's reaction to a reflexology session causes it to switch into parasympathetic activity to rest and repair itself. Sometimes the effect occurring in the body is so intense that fatigue is the body's way of coping.

3. Cold Feeling: This occurs because the body becomes totally relaxed, the blood moves away from the extremities and goes towards the centre of the body.

4. Release of pain Because the nervous system is switching into parasympathetic activity the nerves are relaxed and aren't irritating the muscles. Reflexology also helps to relax the muscles; this in turn eases pain.

5. Improved or Increased bowel movements

From the stimulation of the liver, gall bladder or the colon, cleansing activity can occur. Reflexology can improve peristalsis (movement of the colon).

6. Release of Gas: Often when working the colon you may feel a bit bubbly in the stomach area, a sign that fluids are flowing and reacting to the pressure point being stimulated. Reflexology helps improve the stomach and bowel functions that may result in burping or flatus.

7. Perspiration This is another way that the body disposes toxins. The body could also be releasing excess fluids.

8. Nausea and Headache The body is trying to cleanse the toxins, especially in the liver and the bowels. This could be a side effect of this cleansing.

9. Temporary rash: Toxins are released through the skin, which is the body's largest elimination organ. Some people may be sensitive to these toxins.

10. Greatly energized Since the body is cleansing itself, it will run "cleaner" Think of reflexology as a "re-set button" for organ functions.