

Zen Zone Benefits Of Reflexology...

Stress Reduction

When we are stressed our body's defences break down and we become more susceptible to illness and disease. Reflexology reduces stress by generating deep tranquil relaxation, helping the body balance itself and allowing healing energy to flow.

Improved Circulation

Blood needs to flow freely throughout the body carrying oxygen and nutrients to all the cells and removing the waste products of metabolism and other toxins. By reducing stress and tension, reflexology allows the cardiovascular vessels to conduct the flow of blood naturally and easily.

Stimulated Nerve Function

By stimulating more than 7,000 nerves in the feet, reflexology encourages the opening and clearing of neural pathways. It interrupts pain pathways, reducing pain.

Improved Immune System

Reflexology stimulates the lymphatic system thus reducing risk of infection. It cleanses the body of toxins and impurities and also stimulates the production of endorphins, leading to an improved immune system and sense of well-being.

Increased Energy

Reflexology revitalises energy throughout the body by relaxing and opening up energy pathways.

Reflexology Can Assist In Conditions Such As:

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| * Allergies | * Insomnia |
| * Arthritis | * Knee Problems |
| * Asthma | * Multiple Sclerosis |
| * Back Problems | * Muscle Tension |
| * Blood Pressure | * Neck Problems |
| * Bowel Disorders | * PMS/Hormonal |
| * Constipation | Problems |
| * Eczema | * Respiratory Problems |
| * Frozen Shoulder | * Sinusitis |
| * Gynecological Disorders | * Stress Disorders |
| * Hay Fever | * Thyroid Imbalance |