REFLEXOLOGY

Reflexology is an ancient form of therapy that can be traced back to the ancient Egyptians and Chinese. Reflexology is primarily executed on the feet (due to the feet representing moving forward in life), but can be executed on the hands, face and ears.

Reflexology refers to the use of reflexes that represent every area of the body. Using the feet as an example. The whole body is represented in the feet. The toes represent the head, neck, ears, nose, mouth and so forth. It is believed that by directing our intention (as a reflexologist) on the toes, we are directly affecting the areas listed above. As a Reflexologist our job is to bring the body back to balance by working on the whole body via the feet. It is believed that if the body is balanced, it has the ability to heal itself. Essentially a Reflexologist is a catalyst to assist the body to heal itself.

Dayna generally works with firm pressure in Reflexology, but this can be adjusted to meet the client’s needs/likes. As Reflexology is affected by energy work, it is not necessary for Reflexology to be done with touch. It can be done purely energetically which in the case of sensitive feet can prove more suitable.

Health fund rebates are available for this modality. Please check your level of cover to determine if you qualify. Please do not hesitate to contact Dayna if you have any queries regarding this modality. Dayna looks forward to seeing you and assisting you in your health journey.