

## Factsheet 3: Reflexology

Reflexology is a complementary therapy which works by massaging and manipulating the feet in order to help heal the whole person. It operates on the belief that treating a reflex area on the foot can help correct energy imbalances in other parts of the body.

The origins of Reflexology date back to Ancient Egypt, India and China. However it wasn't until the early 20th century that Reflexology in its current form was introduced into the Western world.

Reflexology divides the feet up into reflex areas corresponding to different parts of the body. These areas effectively form a map of the body in the feet - the right foot corresponding to the right side of the body and the left foot corresponding to the left side of the body.



A trained Reflexologist can detect subtle changes in specific points on the feet, and by working on these points can affect the corresponding organ or system of the body.

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. Many people use reflexology as a way of relaxing the mind and body and counteracting stress. With ever increasing levels of stress, it is important people take more responsibility for their own health care needs. Reflexology helps us to cope on a physical, mental and emotional level thereby encouraging us to heal and maintain health in all areas of our lives.

Complementary therapy sessions cost £5 for a half an hour treatment, which includes a pre-treatment consultation and after care advice.

Please call 0121 565 2788 for times and details and to book an appointment.

The Community Wellbeing Centre  
215 High Street  
Smethwick  
B66 3AH  
Phone: 0121 565 2788  
Web: [www.sandwellmind.org.uk](http://www.sandwellmind.org.uk)