



Reflexology: Soothe Tired Tootsies by award-winning author / stress-relief expert Susie Mantell

Reflexology is an intriguing ancient healing art in which points on the foot, or hands or ears, are massaged to soothe corresponding body parts, organs and systems. Some massage therapists are also licensed in reflexology. Other reflexologists work specifically in this practice only. Reflexology can be a deeply soothing, and powerfully effective adjunct to other professional health care.

Schedule an appointment with a licensed reflexologist who is trained in this soothing art. Some may use essential oils to enhance the effect so always be sure to discuss any allergies you have with a bodywork therapist first, to avoid any allergic reactions. Reflexology can also be highly beneficial without the use of fragrances at all.

A Few Basic Moves You Can Try at Home:

- Massage peppermint foot lotion, or any soothing, fragrance-free lotion or cream into your soles, working the thumbs slowly up the arch. Massage slowly kneading the feet. The arch correlates to the lumbar, thoracic and cervical spine respectively, as you move toward the big toe. The closer you move toward the big toe-- the further up the spine, etc. The tips of the toes are sinus points.
- There are simple "maps" available to help you apply some hands-on healing techniques to yourself and others. These identify reflexology points to correspond with the rest of the body. Why not bathe your feet and try a "swap" with a pal... or enjoy the comfort of your own healing touch?

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to info@relaxintuit.com. *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com*

