

BRENTWOOD

PHYSIOTHERAPY CLINIC

Reflexology



An example of a reflexology chart, demonstrating the areas of the feet that practitioners believe correspond with organs in the "zones" of the body.

Reflexology, or **zone therapy**, is an alternative medicine involving the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

The Reflexology Association of Canada defines reflexology as:

"A natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body. Through application of

pressure on these reflexes without the use of tools, crèmes or lotions, the feet being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body."

