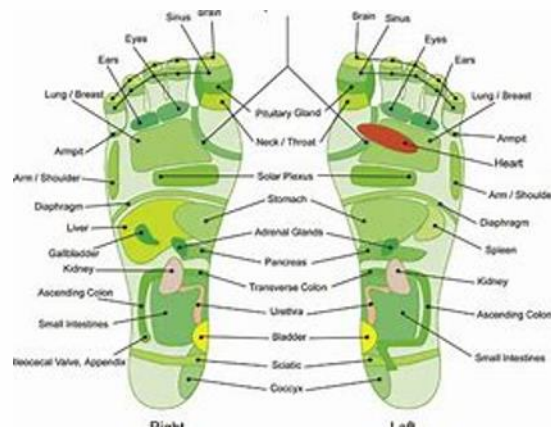


# Reflexology at Yoga Akasha with Jackie



Never had Reflexology? – now is the time to find out how good this treatment is.

The benefits of reflexology is to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, and eliminate toxins from the body.

Reflexology can provide pain and anxiety relief, plus how the practitioner can 'read' your feet.

The aim of reflexology is to "create a homeostasis (well-being)"

## How Does Reflexology Work?

Reflexology work on the meridians points through the feet releasing blocked energy. It can help release the endorphins, which are the body's natural pain killers, or the release of lactic acid.

There are 5 zones on the feet, running down the length of each foot, starting at the top of each toe. These continue in a line, up the back of the body, over the head and down the front of the body, until they reach the front of the toe, where it joins up with where it started from. Crystals build up along these zones, creating blocked energy. This energy is then blocked from reaching the corresponding organ or part of the body. The reflexologist works on the point till the crystals break down; thereby facilitating flow and balance back to the system.

Cost: £45.00 – Please allow 1 hour, dressed in comfortable clothes

To book an appointment at Yoga Akasha with Jackie, please email [jackie-boyce@hotmail.com](mailto:jackie-boyce@hotmail.com) or call 07810 146563