

DF18 – Reflexology

This course will provide a comprehensive introduction to the benefits and uses for reflexology and give an understanding of safe application for therapeutic benefits.

The theory behind reflexology is that each of the body's organs and glands are "linked" to corresponding areas of the feet. The application of pressure to the feet relaxes muscles and improves blood circulation. Energy is restored to the body and ultimately reflexology improves its overall condition.

Reflexology is considered preventative care that contributes to good health and strengthens the body's immune system. It's a natural healing art and at the end of this course participants will be able to carry out a full practical that relieves tension, improves circulation, and promotes the natural function of the related areas of the body.