



Sharon L. Dulaney, RMP, NCTMB

By Appointment Only

Body In Balance

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Sacred Space - Massage and Bodywork

Shipleigh-Linthicum Shopping Center
208 Transmission Court
Linthicum, MD 21090

(443) 794-1207

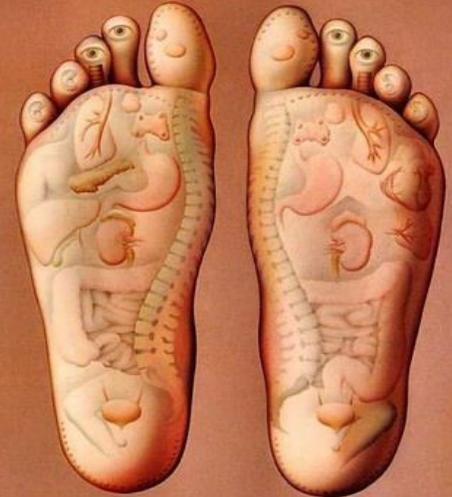
www.sacredspace1.com

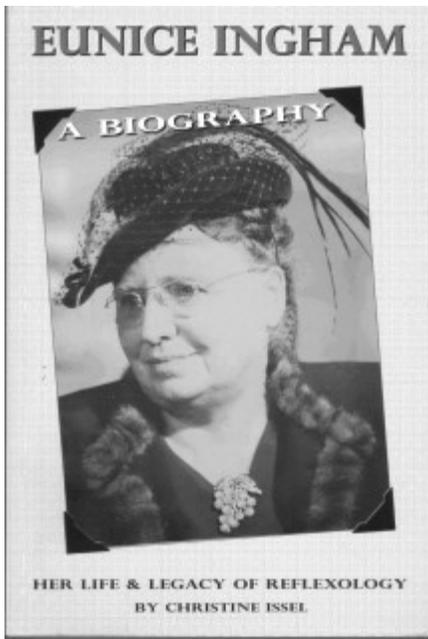
On-line Scheduling Available



Reflexology

The Art of Stress Reduction





What To Expect

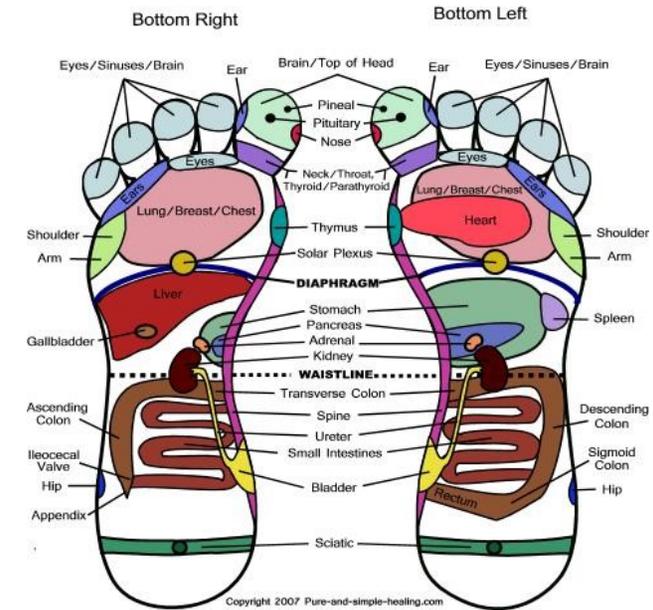
You will be made comfortable on the massage table, supported by pillows, and fully clothed, as pressure is applied to the ears, hands, and feet.

Responses to reflexology vary widely. Certain areas may feel more sensitive or tender than others. As I work the reflexes in your ears, hands, and feet and you begin to relax, the tenderness may begin to lessen. It is vital to stimulate all the reflexes; therefore the tender areas will not be avoided, but I will work within your comfort level in ways that minimize pain. Always tell us if you feel any discomfort so the pressure applied to your feet can be adjusted.

After a session you may feel calm and relaxed or energized and rejuvenated. Some people initially experience fatigue after a session, but notice an increase of energy or a lessening of stress over the following hours or days.

The more you receive reflexology, the more benefits you are likely to notice. We can discuss the best frequency of appointments to meet your specific needs.

FOOT REFLEXOLOGY CHART



History

In the bodywork community, reflexology means the stimulation of areas beneath the skin to improve the function of the whole body or of specific body areas away from the site of the stimulation. Eunice Ingham has been credited with formalizing the system, which is based on the theory that certain points in the foot, hand, and ear affect other body organs and areas. Historically, the approach seems to have originated in China.

How Does It Work?

Reflexology applies the stimulus/reflex principle to healing the body. It is thought that this stimulus/response reflex is conducted through neural pathways in the body that activate the body's electrical and biochemical activities.

Benefits

Reflexology is used primarily for relaxing tension. It promotes the body's ability to adjust and balance during times of stress. Simply taking time out to relax can help you let go of tension and enjoy a feeling of restored balance in your mind and body.

Beyond relaxation, reflexology has been shown to improve poor circulation. Improving circulation boosts the supply of oxygen and nutrients to your muscles and other tissues, and speeds the elimination of waste products such as lactic acid and stress hormones.

This, in turn, reduces stress, muscle tension and soreness, decreases healing time for injuries and reduces swelling from injuries or illness. It also improves circulation problems such as immune function, skin tone, and the ability to concentrate.

