

Here are 10 reasons why you should make reflexology a consistent part of your life

1. Stress relief and relaxation - “relaxation is not a treat, it is necessary for your physical and emotional health,” Jennifer Loudon from The Woman’s Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life.
2. Better digestion
3. Treat for your feet - Our feet do so much for us, why not treat them to a little TLC, your whole body will thank you.
4. Improved nerve function therefore reducing pain
5. Help with chronic and acute disorders
6. Improved circulation - Did you know that many health problems occur due to congested blood flow? For example, poor blood flow to your intestines can cause indigestion. What reflexology does, aside from identifying which parts of your body may be in need of help, is to stimulate blood flow in those problem areas, unblocking the path and eliminating any toxic build up that might have occurred.
7. Improved immune function
8. Taking time for yourself – When we take the time for self-nurturing activities, our mind and body finally relaxes. We find our center, our mind clears, our emotions calm, and our soul expands.
9. Better sleep
10. Mental health –Reflexology increases relaxation levels, decreases anxiety levels and clients notice more positive and fulfilling emotions.

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