



Reflexology is beneficial for all age ranges. It is wonderful for a newborn baby who even with the gentlest of birth went through a lot to get here and who is continuing to grow and change at such a rapid rate. Many people in palliative care benefit from the loving touch therapy and pain relief reflexology provides.

It is a firm touch used which is tailored to the person receiving reflexology. It does not tickle. For those who do not enough getting their feet touched reflexology can be done to the hands, face or ears as well.