



## What are the benefits of receiving a reflexology session?

The people I have worked with so far have reported a sense of well-being both during and after sessions, and some have experienced a reduction in the severity of minor health issues.

Think of it as a ‘tune-up’ for your body, assisting in the move back to homeostasis, or healthy balance. Research has shown that reflexology can result in:-

- A reduction in stress and tension and therefore an increase in energy.
- Pain reduction, either chronic or post-operative.
- A general body ‘de-tox’ improving digestion and well-being.
- Improved immune response.
- A good night’s sleep.

## Are there any reasons why I should avoid having a session?

Some conditions or factors may result in a session being inadvisable. These are

- Being in the first trimester of pregnancy.
- If you have a history of blood clots, severe varicose veins or skin lesions.
- If you have an active fungal infection.

## How long does it take and how much does it cost?

**1 hour of reflexology**, includes use of essential oils and hand or ear massage as well as feet **\$65**

**\* Be aware that the first session may take 15-20 minutes longer, since we work through a health questionnaire together.**

**5— 1 hour sessions package— 10% discount \$292**

**\* To help with relief for more chronic conditions, a series of sessions close together is recommended, or if you just want to book a series, go for it! ‘Taster’ sessions—if you’d like to try a short session to experience reflexology —15 minutes \$15**

**Also, ask me about a new and revolutionary form of energy balancing!**

**Phone Sarah Hinson at Transformations  
Call  
301-862-5588 Opt 2  
Sessions offered at 22340A Three Notch  
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## Reflexology—what is it?

Reflexology is a form of acupressure based on the principle that there are special places on the surfaces of the feet, hands and ears, which relate to every gland, organ and system within the body. It is performed by using thumb and finger techniques, which apply gentle pressure and motion to these very specific locations, referred to as ‘reflexes’, hence the name.



## What does a reflexology session feel like?

Oooh, aaaah, sigh, make sure you hit that spot, ohhh, zzzzz, snooze, relax, relax, thanks very much!

Seriously, though, a lot of people experience deep relaxation during a session, often falling asleep. Sometimes people experience a big energy boost for quite a while afterwards. On occasion after a session some people find that they have some kind of ‘detox’ or cleansing experience for 24-48 hours.