



1. Will it hurt?

You may feel some discomfort especially during the first treatment in some areas. You can practice deep breathing while working these areas but I recommend to go easy and revisit sensitive or painful areas.

2. How will I feel after the practice?

99% of my clients feel relaxed and chilled after their treatment, even after the first one and especially after hand reflexology and enjoy a great night's sleep after their session. You may feel a bit tired, but this will only last for a short while and is a good indication that the treatment was effective. It is also a good indication that toxins were released during the treatment and the good news is, once this short period passes, you will feel much more alert and revitalised

You may also have a light headache - again it's perfectly normal and is a good indication that toxins were indeed released - so well done, good work!

3. Congestion - what is it?

Congestions are signs of imbalance in your body and can feel rock hard, like a bubble wrap under your skin, tiny crystal or the area is simply sensitive or painful to touch.

4. Tips to encourage you to practice

As with everything it takes time to establish a new routine. A good tip is to practice while watching a movie in the evenings or if you're waiting for an appointment. Another useful tip is to set an alarm for the first few weeks.

It is recommended to either practice once a week for 6-8 weeks or 2-3 times weekly for at least 4 weeks. After the initial period you can practice bi-weekly or less but it is highly recommended to practice once a month.

5. One of my hands is more sensitive than the other - is that normal?

Yes, absolutely and that's exactly why we always work both hands or feet.

6. My thumb or index finger gets tired during practice.

It's perfectly normal especially at the beginning. Make sure you use different moves on different areas and if your hands feel too tired give them a little shake and stretch them any time.

7. Do I have to keep the sequence you teach?

No you don't, I'm teaching a sequence that seems logical to me, starting on the thumb and working down but you're welcome to use any sequence you are comfortable with as long you don't forget any area.

8. Do I always have to work on every area?

Not necessary but I highly recommend to massage your whole hand at least once a week (and later as per above once a month). Reflexology is a holistic approach and as such we're always looking at the body as a whole and complete system.

It is also important to remember that your symptoms may result from another issue. E.g. you can feel bloated but the issue is Thyroid related - for that reason I would always recommend full sessions regularly and if you have acute or area specific issues to massage them more frequently.

9. I find it hard to fall asleep / stay asleep / I wake up tired

Massage the relaxing & endocrine reflex areas every night before going to bed and if you wake up during the night.

Avoid eating carbs in the evening - carbs are digested first and when the 'rest & digest period is over' your body receives an adrenal boost - this will wake you up no matter what you do.

Listen to relaxing music. A good youtube channel with plenty of choice is Next Level Meditation <https://www.youtube.com/channel/UCgctJ0eDHq4TIXEfFGI3CXw>

Some of the POSSIBLE SIDE EFFECTS of reflexology

You know your body best, hence you will know if something feels different. Any changes are a sign of reaction and release and as such they should be welcomed. The symptoms should not last longer than 12-24 hours after treatment but in long-standing conditions they may only occur after the second treatment. The reactions will lessen or disappear during the therapy but may still be present while your body heals and adjusts. Noting these changes would greatly help assessing subsequent treatments and adjusting your lifestyle. It also helps with qualifying the therapy as there's nothing easier than to forget how you felt before treatment.

- More frequent visits to the toilet
- Excessive thirst
- Tiredness
- Change in appetite (loss or hunger)
- Change in sleep pattern
- Dizziness
- Mood swings
- Aches and pains
- Sore feet
- Bad breath
- Rash or itchiness
- Changes in body temperature
- Emotional outbursts
- Feeling short fused or snappy
- Temporary worsening of your condition