

# Spa News & Views

*From Serenity Day Spa*

## Reflexology

Reflexology is the gentle application of pressure to the feet to stimulate the body's natural healing power. There are reflexes on the feet which corresponds with every part of the body. Reflexology sessions are primarily intended to improve the body's circulation, achieve balance, detoxify the body and also to bring about total relaxation. For example: reflexology can stimulate the pituitary gland helping the body to produce more endorphins to reduce pain. Endorphins are five to ten times more powerful than morphine. The body is treated as a whole, but if you have specific health issues you want addressed they can be targeted with specific reflexes that respond to that issue.

This non-invasive gentle healing therapy can encourage the body to heal itself naturally, without drugs or side affects. Therefore reflexology is ideal for almost everyone one of all ages. The only contraindication is thrombosis (blood clots).

The power of touch to heal is immense. In a world driven primarily by work and responsibilities, touch therapy has the capacity to help us slow down, experience the compassion of another human being and heal our body, mind and spirit.

A one hour session includes aromatherapy foot bath, soothing music and a reflexology session.

Reflexology does not make any claims to cure or diagnose and it can be successfully used as an alternative or with western medical treatment.

If your interested in having a reflexology session, you can book an appointment with Heather Horne, Reflexologist, Serenity Spa, 883-7208.

**Special Offer for the month of March - \$5.00 off a Reflexology session.**

P.S. People with ticklish feet...have no fear it doesn't tickle. Can you tickle your own feet?

Visit our website for more info  
[www.serenityspandsalon.ca](http://www.serenityspandsalon.ca)



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