

# Massage



**Massage** is one of the most relaxing experiences in the world. It can straighten out the 'knots' that occur in muscles due to stress and over-work, loosening up the body and making the skin smooth and supple. Massage can improve circulation and help remove any toxins that may have built up in your body. There are various techniques that can be applied to treat various conditions. **Massage received on a regular basis can help to maintain a good balance within your body.**

## REFLEXOLOGY

Reflexology is a technique that involves using the feet or hands, but is mainly applied to the feet. Reflexology assessments are used during aromatherapy treatments to assess a client's condition by applying pressure to certain points on the feet. If the client feels any pain or pressure, then the therapist will ask certain questions relating to that point on the body. This is a good way of reaffirming what might be happening with the client.

Once the assessment is complete, then the massage can be performed on the feet. If a client is self-conscious about their body or may have a medical condition that will not allow them to receive a full body massage. Then a massage can be given to the feet, which will in turn affect certain areas on the body.