

Maternity Reflexology Information Sheet



Reflexology is an ancient natural therapy based on the principle that reflex points on the feet correspond to areas of the body, thus everything that happens in the being has a reflexion in the feet and vice versa. Reflexology can therefore bring about balance and harmony for the body mind and spirit and therefore helps maintain health and wellbeing.

Pregnancy is the natural condition of child bearing, which brings about great changes not only to the body but also in the emotions and psyche of the mum.

Maternity reflexology is the expertise of the reflexologist in using the therapy (reflexology) to support a natural event, thus the pregnancy and birth.

Reflexology cannot be used to diagnose problems/illnesses and it cannot be claimed to cure, but there are many many areas of life and health issues where it can help ease symptoms on both a physical and psychological level. It is truly a relaxing, balancing therapy.

Maternity reflexologists aim to optimise the health potential of their client. They will give reflexology advice but not medical or obstetric advice.

There may be some medical conditions which will prevent maternity reflexology – for example pre eclampsia, sudden high blood pressure, sudden extreme swelling, low lying placenta. A full consultation is taken on the first visit. This information remains confidential but is a requirement for insurance and will help ensure the treatment is tailored to the clients needs so they obtain maximum benefits / relaxation and enjoyment.

Maternity reflexology fertility issues& Pre conception

Treatment may help by:-

Regulating/balancing hormones

Balancing the rhythm of the reproductive systems for both men and women

Regulating periods/menstrual cycle

Boosting the immune system

Relaxing/destressing the client thus reducing stress levels any associated problems

Dealing with the emotional trauma of miscarriage

Maternity reflexology for pre & post natal care

Treatment may help by:-

Regulating hormones

Balancing emotions

Reducing/regulating blood pressure

Reduce oedema, swelling, water retention especially the legs, ankles and feet

Improving sleep patterns and quality of sleep

Clearing headaches

Easing muscle aches and pains

Easing back ache

Relieving varicose veins

Easing SPP

Improving the digestive system /regulating bowel movements

Easing heartburn

Preparing the body for labour

Easing congestion in the pelvic region & preparing this area for labour

Easing blood spotting (after medical clearance)

Relaxing and destressing mum and baby thus restoring peace, harmony and wellbeing

Initiating labour in overdue babies (from week 38 on)

Pamela trained with Susanne Enzer, a world wide authority and lecturer/trainer in maternity reflexology & has over 13 years experience as a reflexologist. Please contact Pamela via email = mail@thetherapystudio.co.uk or telephone 02380715404 or visit the website www.thetherapystudio.co.uk

Each session is 40mins (allow 1 hr) and costs £28.00