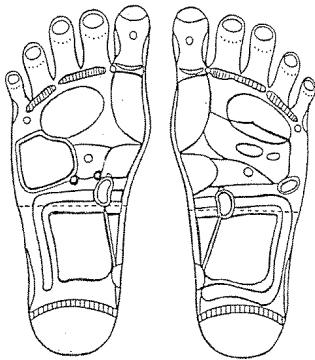


Reflexology during pregnancy

Reflexology is an increasingly popular complementary therapy – more and more people are becoming aware of the benefits which it can offer them. It is an excellent means of improving and maintaining health with a natural and drug-free treatment, which most people find extremely enjoyable! The method of reflexology is a very simple one, but it is capable of bringing about remarkably good results.



What is Reflexology?

Reflexology is an ancient form of natural healing, which involves the palpation of the feet or hands. A Reflexologist believes that the entire body is mapped out onto the feet (reflexes) so that this treatment is a means of treating the entire body. A Reflexologist does not diagnose a medical condition, or promise to cure, however they are able to detect areas of the body which are out of balance and showing signs of stress and tension. During the treatment he/she is looking and feeling for signs of imbalance – this might be hardened skin, a 'gritty' feeling in a particular reflex, or a change in temperature in part of the foot/hand. By gently working these areas, the Reflexologist aims to return the body to a state of homeostasis, where all the organs of the body are working in perfect balance with each other.

Most people find a reflexology treatment extremely relaxing, and during the time that they are on the couch/chair (between 45 minutes to 1 hour), they can drift off into a very deep state of relaxation, which is extremely beneficial to start the process of self-healing.



A reflexology treatment is safe for people of all ages. However, it is wise to consult your doctor when seeking treatment for a serious condition.

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Reflexology during pregnancy

Research has shown that women who actively choose to receive regular reflexology during pregnancy have been shown to gain a degree of relaxation that indirectly impacts on the developing foetus. Some women have regular treatments prior to conception, and may have sought help with infertility or hormonal imbalances.

Reflexology should be used as complementary to, NOT an alternative to maternity care during pregnancy. It is a very effective means of keeping a woman healthy during pregnancy, and this in turn will help the development of a healthy baby. Although pregnancy is a completely natural state, it can cause problems which can make life uncomfortable and distressing for the pregnant woman (e.g. sickness and nausea, constipation, backache, sciatica) and reflexology can help to relieve these. Some reflexologists also give their clients 'homework' – i.e. they show them reflexes on their hands which can be palpated to help to relieve these aches and pains – most clients like this, as it gives them a natural, non-invasive self-help 'tool'.



Stress, anxiety, tension and fear are emotions that can affect a woman during her pregnancy, and reflexology can have profound effects on these. In addition to the physical benefits that receiving a treatment can give, the pregnant woman usually builds a close relationship with her Reflexologist, and uses their time together to discuss concerns and worries.



During the postnatal period, the new mother can experience a rollercoaster of different emotions : jubilation, exhaustion, soreness, sickness, anxiety, fear... During this time reflexology has a balancing, restorative effect on her body and emotions. Your Reflexologist will also be only too happy to share some techniques for helping your new baby – many run classes or workshops for new mums.

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...restoring your inner balance

Reflexology Maternity Reflexology
Emotional Freedom Technique (EFT)
Australian Bush Flower Essences
Hopi Ear Candling
Indian Head Massage

It is important that the pregnant woman seeks treatments from a Reflexologist who has been appropriately trained, and is a member of a reputable Reflexology Body. It is preferable that the practitioner has a post graduate qualification in Maternity Reflexology, or is a practising Midwife with a qualification in Reflexology. If in doubt, ask about their qualifications and ask to see their certificates – Reflexologists are passionate about what they do, and will be only too happy to discuss their training and experience with you!!

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Cathy Ewbank MAR ART(reg'd) is based in Maidenhead, and has been a practising Reflexologist for 6 years, and is a member of the Association of Reflexologists. She has a post-graduate qualification in Maternity Reflexology.

Visit her website or telephone for more information.

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