

Detroit Reflexology



BEFORE A REFLEXOLOGY TREATMENT

Schedule your session when your day is light, such as at the end of your day or your day off.

Wear comfortable and lightweight clothing. You will stay fully clothed.

Please refrain from wearing perfume or strong scents to protect other clients that might have sensitivities to smells. Please inform me if you do have a sensitivity yourself.

If you are having other body work (massage, acupuncture etc), try NOT to have both close together as that could put your body into extreme detoxification.

If you could not drink alcohol on the day of treatment before or after, please schedule accordingly.

Only work-out before a treatment as you need to rest your body afterwards, for maximum benefits.

If you are feeling unwell please reschedule.

DURING A REFLEXOLOGY TREATMENT

I will take a health history and ask you what you are hoping for in our session, for example: relaxation, better sleep, migraine help, injuries, pain and so on.

If you have any questions, ask before you get on the massage table.

You will lie on the massage table face up with your feet over the edge on a wedge: I will help you to settle onto it. You will be fully clothed throughout: I am only working on your feet.

I will ask you if you want my headphones (to listen to a binaural beat meditation explained on my website), or bring your own.

I also give you the option of a weighted facemask to block all light and relax your eyes.

Try not to pay attention to what I am doing during the treatment. I use medium pressure as my sessions are powerful enough without causing unnecessary pain.

I will clean your feet with unscented natural wipes and apply oil, and do a short 5-8 minute massage to relax and stretch the feet and then begin the treatment.

I will be doing micro caterpillar type movements over every millimeter of your feet top and bottom stimulating all systems and organs. IF you are ticklish, please let me know and I will use a stronger pressure.

When I feel stagnation of energy I will work in that area longer, but, generally, clients become so deeply relaxed they stop paying attention to my work within 10 to 15 minutes.

I do not talk during a treatment, because it doesn't go as deep and also I believe this is your time to relax and go within... but, if you have a burning question, please do ask.

I also prefer to have minimal communication after a session, so you can stay in

'healing mode'. Therefore it can be a good idea to pay ahead of time, I take most credit cards, PayPal, Venmo, cash and checks.

Your first session is generally between 75-90 minutes, because of taking the health history: the Reflexology treatment lasts around one hour. Future sessions are approx 75 minutes from arrival to departure.

If we add EFT, then we will need a larger block of time which we can discuss and book ahead of time for a future session.

ENJOY, RELAX, LET GO...this is YOUR time, YOUR HEALTH....

AFTER A REFLEXOLOGY TREATMENT

Get up slowly and drive carefully as you might feel 'spacey' and your reaction time could be affected. Most likely you will be very relaxed at the very least.

DRINK plenty of water as your lymph will be de-toxifying and needs rehydration.

IF POSSIBLE, rest, nap, enjoy the natural high Reflexology brings.

NO ALCOHOL for 24 hours again as you are detoxing to heal your body.

*****HEALING CRISIS***** please read carefully.

In all natural medicine, naturopathy, acupuncture, homeopathy, there is a process when the body purges and recalibrates to heal itself. Your symptoms that you sought Reflexology for, could worsen, a rash could get worse, your neck pain could hurt more, it could bring on a headache or flu like symptoms, within hours of the treatment.

This is a **GOOD** sign (though uncomfortable), because it means your body is rebalancing, recalibrating. It will not last longer than a few hours to a couple days and you should feel **MUCH** better afterwards. Please phone if you are worried **BUT** it is natural part of the healing process and drinking water helps.

Please avoid pain med's IF at all POSSIBLE, and know we are on the right track!

RE-SCHEDULING:

Most Reflexologist love to do a course of treatments as the body initially needs the extra push the treatments give, to help itself. A course would be once every 5 to 7 days for a few weeks, as the symptoms can come back around then. But after 4 session's approximately you can start to put bigger gaps between treatments and you will know what is best for you. Chronic illness took a long time to bring symptoms on and so it can take a bit of time to help your body to help itself.

If you have no improvements (which is unusual) I would love you to try one more session as treatments go deeper as they progress and maybe your body needs a bit of time to let Reflexology in.

If you are coming just for stress reduction, then it can be good to do another time, 7 to 9 days after the initial session, to help chip away at your stress.

If you are having Reflexology for preventative medicine only, then you will know when it is time to re-book.

After your FIRST treatment, I will text a few days later and see how you have been since the session, to ask you what positive changes you have noticed.

Again, just relax as much as you can, hydrate and be in touch anytime.

I am glad you chose Detroit Reflexology and I hope it was a good experience for you.

I hope to see you again if it feels right!

Janice Robinson