

Is Reflexology the Same as A Foot Massage?

Feet probably top the list for the most ignored and abused area of the body. They represent a mere 2% of our weight, yet they balance, support and transport our entire body. This accomplishment becomes even more astonishing when we realize they must achieve this even while walking on unnatural surfaces or being crammed into uncomfortable, restrictive shoes. With all this punishment, feet need a great deal of care to keep them healthy and pain free. There is little doubt that a healing foot massage given by a trained therapist can provide a soothing, blissful, pain-relieving and relaxing experience.



While most people think reflexology is just another word for foot massage, it is in fact much more than that. Beyond the feel-good effects of the treatment, its practice and

purpose go deeper than skin, muscles, ligaments and tendons. Even though reflexologists often include massage techniques in their sessions, their focus is working with energy zones and reflexes that, according to theory, correspond to specific organs, glands and all other parts of the body.

Foot Reflexology Chart



The goal for a reflexology treatment is to bring the body into to a state of balance known as homeostasis. This is accomplished through the application of micro-movement pressure techniques and specific protocols unique to the reflexology system. Since reflexology is a complex modality with its own distinct techniques, principles and theories, mastering it requires many additional education hours and practice beyond massage therapy training.

Reflexologist do not diagnose and even though many recipients do attest to better health, or sometimes a marked reduction and/or disappearance of an ailment, an ethical reflexologist will never take credit for the healing. We understand that only the body can cure itself. What we do is help create the healing environment necessary for that to occur. By activating the body's innate healing mechanism, reflexology gives us the tools to encourage wellness and harmony throughout the entire body.

If you would like to know more about this incredible modality, please contact me through Massage Therapy Connections. I will gladly answer any questions you may have.

By MaryAnn Chirichella, LMT and Certified Reflexologist