



Orlando Reflexology

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, neck 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 bolster: 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 c.d. explained on my website),

I also give you the option of a facemask to block all light.

Relax!

Try not to pay attention to what I am doing during the treatment. I do not use hard/heavy pressure as my sessions are powerful enough without causing unnecessary pain/stress to the body.

I will clean your feet with natural baby wipes and apply oil, either almond or sesame, and do a short 5 minute massage to relax the feet and then begin the treatment.

I will be doing micro caterpillar type movements over every millimeter of your feet top and bottom: 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. If you want to ask me about the areas I worked on, please do so after the session. I am happy to talk through what I found with you.

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 a relaxed state. Therefore it can be a good idea to pay ahead of time (excluding the first treatment) so have cash or a check made out to 'Orlando Reflexology' ready.

Your first session is generally between 75-90 minutes, because of taking the health history. The Reflexology treatment lasts 50-55 min's. Future sessions are approx 75 minutes from arrival to departure. I will ask you what has changed and then proceed with the treatment in a timely manner. **IF you are late to your appointment then your session will need to be shorter, which might give you less benefits but appointments are set in blocks of time.**

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....!

