



# REFLEXOLOGY

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The most traditional form of therapy simply required the hands of the healer along with the knowledge of the human body and a few effective techniques. Massages, acupressure, acupuncture are all very well-known in terms of being effective to heal our bodies the natural way. It is rightly said then, that our bodies have the capacity to heal themselves.

The power to release the body's natural healing energy lies, literally, at your finger tips. Reflexology is mainly based on the idea that areas on the foot and palm correspond to body organs and systems, and by manipulating these we can improve our health.

Ancient Chinese and Indian diagnostic and therapeutic systems of reflexology teach that the soles and other areas of the feet, as well as the palms, are blueprints of the whole human organism. By stimulating certain points on them with massage and pressure point therapy, a physiological effect can be produced along corresponding nerve pathways. Imagine there is a connection between zones of your feet and hands that represent certain areas of your body that can be adjusted or managed through these zones. Using the thumb or forefinger to apply fine, deep pressure to appropriate reflex points, you can remove blockages in energy pathways and open the channels for natural healing.

### Reflexology Pressure Points in Hands and Feet



The history of Reflexology dates back to China. A soldier with a condition called psoriasis was hit by an arrow during the war, after which his psoriasis was cured. He researched for the reason behind this miracle and came across the points in the body which could be pressed to improve health conditions.

This Chinese alternative medicine can be used to cure innumerable health conditions, right from acute back pains to chronic conditions such as PCOD. Babies with colic, toddlers with temper tantrums, teenagers with premenstrual blues, work-weary wage earners, older folk with stiff, arthritic joints - all can be helped with this safe and simple form of healing. It increases

the white blood cells count which play an important role in the body's immune system. It can gradually cure and provide relief to problems related to the liver, kidney, diabetes or pains and aches.

Some of the other benefits include :

- Increased nerve function
- Fights anxiety and depression
- Improves circulation
- Relaxation and better sleep
- Strong immune system
- Reduces PMS, menopause symptoms and other period problems
- Lowers blood pressure
- Pain relief even for cancer patients
- Detoxification

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Reflexology, like acupuncture, is used in functional disorders and is helpful in the treatment of ailments like asthma, stress, headaches, neck and back pains, sinus and other problems. Along with the numerous physical health benefits, it also aids the person emotionally. It helps to increase the energy levels of the body allowing the person to go back to his/her routine with a more balanced mind, body and soul.

Only a single reflexology session can have tremendous outcomes. The number of sessions required depends on the severity of the problem. Regular treatments lead to increased vitality, boost the body's immunity, and keep your family healthy.

Most everyday ailments can be relieved, and in many cases the symptoms removed altogether, by frequent reflexology treatments by a professional. Even more important, reflexology has the power to promote and nourish an ongoing state of wellbeing.

**"Hands are made for healing, and the healing power of touch lies at all our fingertips. You only have to use it!"**

### Massage Therapy

Massage involves working and acting on the body with pressure-structured, unstructured, stationary, or moving - tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. Massage can promote relaxation and well-being, and can be a recreational activity.



### Shiatsu

Shiatsu is derived from two Japanese words: 'shi' which means finger and 'atsu' which means pressure. Translated, 'Shiatsu' means 'pressure with the fingers'. The session often begins with gentle stretching and manipulation techniques to help stimulate the movement of energies and to relax the muscles. Pressure can be applied to both wide areas as well as precise points and varied according to the body's needs. Sometimes the pressure is gentle and calming and sometimes it is deeply stimulating. The amount and type of pressure depends on the specific needs of the individual.

### Thai Massage

The Thai massage is an extraordinary method of aligning the energies of the body and dates back to the time of the Buddha. It uses a wide variety of stretching movements and pressure points to produce a uniquely relaxing yet energizing and highly effective therapeutic treatment. It is an ancient holistic therapy that thrives to promote wellness and vitality by helping the body to return to a state of balance, harmony, flexibility and health.

### Swedish Massage

The Swedish massage increases oxygen flow in the blood and releases toxins from the muscles. It shortens recovery time from muscular strain by flushing out lactic acid, uric acid and other metabolic waste from the tissues. It increases circulation and stretches the ligaments and tendons which keeps them supple and pliable. It reduces stress, stimulates the skin and nervous system and soothes the nerves themselves at the same time.

### Thai - Shiatsu Combination Massage

The Thai Yoga Massage is an ancient healing body science. The therapist will stretch a person with specific, assisted yoga poses, which improves circulation, reduces stress and boosts the immune system.

### Stone Massage

Stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

At Prisim there are two extremely talented and gifted Reflexologists, and Massage therapists.

Mr Rao and Miss Rekha are blessed with an immense sense of touch due to their lack of vision. It is a known fact that a person with eyes uses eighty percent of his mind-energy through the eyes. So if he wants to know something about light, he will go out and see the sun, where as the blind people have only one way to know something- through understanding. So for them more energy is available to their other senses.

More energy is available to their sense of touch, and when a hundred percent energy is available, a blind man's touch has more warmth, more emotion. It says something. For people who are sighted, only twenty percent is available to the other senses, so every sense is starving because the eyes are monopolizing their whole energy. Their incredible energy and sense of touch can relieve even the most chronic symptoms, with more ease than a sighted reflexologist. In fact, Mr Rao has been successful in curing a girl who had not been getting her period for around 10 years only though regular sessions of reflexology. It's no less than miraculous.

### About the therapists



#### Raosaheb Gangadhar Roham

After completing a government certified six months' course in massage from National Association For The Blind, in the year 2006. Raosaheb joined Prisim in the year 2008 and has been with us ever since. He has received training from 6 different institutes and has also worked at Taj Wellington and has been providing his services since 12 years.



#### Rekha Jairam Patel

Rekha completed her training in massages from the Victoria Memorial School for the Blind and is also a trained reflexologist. She has previously worked at a Spa center in Andheri and has been practicing since 8 years.

Prisim Healing Institute is an alternative health center that believes in healing one individual at a time.

We have various complementary therapies that help an individual to reach to their optimal health.

- 10 Day Detox Programme
- Brahma Satya Energy Healing
- Aura Scan & Analysis
- Aura Cleanse & Chakra Alignment
- Crystal Healing Workshops & Crystal Grid
- Yoga & Zumba
- Sujok & Acupuncture
- Sound Therapy
- Art Therapy & Zentangle
- Emotional Catharsis
- Fairy / Angel Card Reading
- Healing Meditations - Chakra Meditation, Naadabrahma etc.
- Numerology
- Hypnotherapy / Past Life Regression
- Clearing of Spaces
- Reconnective Healing & The Reconnection
- Heartlight Ascension
- Raw & Vegan Foods by Prana Kitchen