

Reflexions

Reflexology



Relax. Renew. Recover. Reenergize

Teena Hagood R.N.
Reflexologist

Tuesday-Friday
10 a.m. to 5 p.m.

By appointment only
(325) 446-6267

115 N. 8th Junction, Texas

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The Benefits of Reflexology

- With a growing trend towards holistic health, this ancient form of non-invasive touch therapy is ideal for wellness.
- It provides a deeply relaxing treatment for those with imbalances in the body, ailments and stressful lifestyles.
- Research shows when pressure is applied to specific points or zones in primarily the hands, feet and face, a connection is made between the major organs of the body.
- This systematic stimulation releases endorphins into the bloodstream, easing aches and spreading a soothing calmness throughout the body.
- This form of body work stimulates the nervous system, thus increasing blood circulation and lymphatic drainage.
- Reflexology treats the whole self - the physical, emotional, and spiritual being.

www.goodreflexions.com