



# Hands to Heel

HEALING MIND, BODY AND SOLE

## Finding the Right Reflexologist

Many people are actively searching for alternative modalities to help them with everyday problems with their health or with stress issues. The first hurdle is determining which modality they should try. Let's assume they have decided to try reflexology. The next hurdle is finding a "great" reflexologist. This may not be an easy task. Though there are legitimate schools that provide in depth training to become a reflexologist there are no restrictions of who can call themselves a reflexologist so buyer beware. Listed below are some steps you should take to help you find a great reflexologist.

1. Word of mouth – if your friend has someone they love you can give them a try.
2. Look up reflexology schools online. Most will have a list of reflexologists in your area.
3. Call them to hear their voice and see if you "click" with them. Having someone work on your feet is a very personal and intimate act. You want to feel comfortable with the person who will be working on your feet.
4. Ask if they have received formal training in reflexology, ask for the name of their school and look it up online.
5. Ask their fees. If the price is too low be careful, it may indicate that they have not received formal training or instinctively are pricing themselves according to their worth. If the price is high, ask what is included.
6. Ask if they have a website where you can go to learn more about them.
7. Do they perform reflexology solely on the feet or do they provide a mishmash of foot, ear and hand reflexology? To achieve the proper level of relaxation and to have the reflexes properly worked, the reflexology should be applied to one area of the body.
8. Ask how they feel about pain during a reflexology session. Some reflexologists are notorious for causing a considerable amount of discomfort because they follow the theory of "no pain, no gain". If the reflexologist tells you all of her clients fall asleep then that session may not have a therapeutic value. A great reflexologist will work within the client's pain threshold but the pressure must be significant enough to cause relaxation and be of a therapeutic value.
9. Ask if they give receipts. A true professional will provide you with receipts. This will distinguish from the hobbyists and the reflexologists who are committed to their profession.
10. Many reflexologists work from their homes. Ask if they have a room dedicated to reflexology.
11. Ask about their disinfection practices. The reflexologist should always disinfect your feet. Avoid foot baths as they can be a source of fungal infections unless disposable liner is used for each client.
12. If they claim they can help everything or heal everything hang up and try again with another practitioner. Reflexology is a wonderful healing modality but it doesn't work for everyone or for all conditions. The results are truly individual. The reflexologist should be honest about this.