

## *Sunset Heal Lemon Grass Spa Offerings*



## *Reflexology*



### Reflexology

This is your time. There is no where you have to go and nothing to have to do. Just relax and let our trained specialists activate the healing powers of your body as they bring relaxation to corresponding parts of your body.

Your reflexology session will help your body return to a state of equilibrium called homeostasis where easy circulation of blood takes place supplying nutrients and oxygen to the cells.

Simply put, your reflexology session will relieve your stress in an amazing way.

### What is Reflexology?

Reflexology is the application of pressure to the stimulating points on the feet, hands and ears to encourage a beneficial effect of the corresponding parts of the body.

Reflexology is most often applied on the feet and hands where stimulating points are located. Reflexologists view the feet, hands (and ears) as a mirror image of the body, so they influence certain body parts through specific points on feet and hands/ toes and fingers.

There are many theories about how reflexology works; one of them seeks explanation at the nervous system: when pressure is applied to the feet, a signal is generated through the peripheral nervous system, from where it enters the central nervous system and is then processed in brain, where it is sent to the internal organs to allocate the necessary adjustments in fuel and oxygen, and finally into the motor system.

To see which areas of the feet are related to parts of your body, view this fabulous [image here!](#)

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**Listen to What Others Say:**

*“Beatrice has a wall full of degrees and certifications in fields such as Reiki, Theta DNA and Aromatherapy and she specializes in Massage Therapy for physical ailments. She has had **success in helping stroke victims** recover from facial paralysis which I found impressive. I always saw that as a permanent condition but the nerve and muscle damage can be repaired or retrained.*

*I’ll confess to not knowing much about exactly what Beatrice does but I can tell you she knows what she is doing. She is an intelligent and articulate woman who speaks with confidence and I’m **impressed with her ideas on healing and alternative medicine**. I was most intrigued by what I learned about DNA Theta Healing but you can get Reiki and Massage treatments as well. **Theta Healing may hold some promise for my autistic son** and we’re exploring ways she can help us with his condition.” [www.jamaicamax.com](http://www.jamaicamax.com)*

**Healings Experiences at Sunset Heal** -- At Sunset Heal we have testimonials from many clients who have experienced amazing results from the Sunset Heal Spa treatments. Those clients include individuals suffering from: cancer, epilepsy, neurological disorders, fibromyalgia and a host of other theoretically incurable diseases.

Contact Sunset Heal Mountain Retreat and Healing Center

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