



Inspire Reflexology

Energy - Healing - Relaxation - Vitality

What is Reflexology?

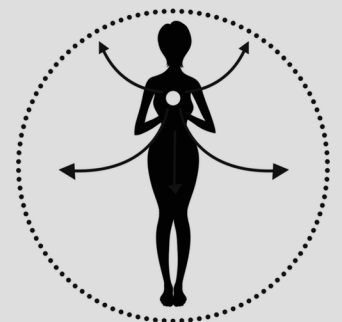
Reflexology applies pressure to parts of the hands and feet, which are called reflex zones. A Reflexology session is a generally pleasant experience, and may be an effective way to reduce stress.

Reflexology is practiced as a wholistic complimentary or integrated therapy, which means it can be used before or after medical treatment, or it can be used in conjunction with ongoing medical treatment.

Studies funded by the National Cancer Institute, and the National Institutes of Health indicate that reflexology may reduce pain, as well as psychological symptoms, such as depression, or anxiety, and helps to enhance sleep.

Curious about Reflexology?

Give us a call,
send us an email or
checkout our website!



www.inspirereflexology.com

(513) 512-5655

inspirereflexology@gmail.com

Cincinnati, Ohio