

Natalie Dodd explains the benefits of Reflexology

For those of you who don't know, Reflexology is a complementary therapy that can treat all sorts of symptoms by applying pressure and massage on parts of the feet. Reflexology is said to help balance our internal energy and improve bloodflow.

But what can it treat? In order to find out some more information from an expert, I went to see local Reflexologist Natalie Dodd who explained (and demonstrated) the benefits this treatment can have on our general health and wellbeing.

Reflexology is a complementary therapy not an alternative therapy meaning it is a treatment that can be used alongside conventional medicine. An alternative therapy is something you would have instead of a conventional medicine.

On your first visit to Natalie you will have to complete a medical questionnaire so she can work out where she will need to focus her attention as each treatment is tailored to the individual clients. Reflexology can help with a whole host of health issues including:

- Headaches and Migraines
- Pregnancy - before, during and after
- Irritable Bowl Syndrome
- Stress and Anxiety
- Backache
- Sleep disorders

The process involves applying pressure with the fingers and thumbs to different parts of your feet, the principle being that these different zones correspond to the main organs of the body - the head, intestine, back etc. By stimulating these points, the associated organ is being treated.



Reflexology can also be carried out on the hands if someone has particularly ticklish feet or other foot related issues, although it will not be quite as effective than when applied to the feet.

Each session with Natalie lasts for an hour but for her very young and elderly patients, she reduces the time. Depending on the reason for going to see Natalie will depend on the number of treatments required to make a difference to a particular condition. Some of her clients might not have any particular conditions but like to keep regular appointments as a treat and it can simply be used to encourage general relaxation.

I found my time with Natalie extremely relaxing. She conducts treatments from her home although she can go and visit client's in their own homes. Natalie has a special reclining couch in her front room and with the relaxing atmosphere created by low lighting, scents and ambient music, I had a deeply relaxing experience. Although I didn't have any aches or pains, one thing I did notice towards the end of my treatment was the gurgling coming from my stomach. Natalie explained this is a common occurrence as she had been manipulating the points on my feet associated with digestion.

Natalie qualified as a reflexologist 5 years ago as she wanted a job to fit in around her three children, giving up her busy career as a high flying PA for the Daily Mirror. She first knew she wanted to learn reflexology after trying to find a reflexologist when she was pregnant but was unable to find one anywhere in the Edenbridge area and ending up travelling to Sevenoaks.

As well as reflexology, Natalie also offers a selection of beauty treatments from waxing and tinting to manicures and pedicures.

To get in touch with Natalie, call 01732 865 515 or email her at natalie.dodd@tiscali.co.uk.