



LIN'S RELAX STATION

HOW DOES ACUPRESSURE WORK

Acupressure practitioners use their fingers, palms, elbows or feet, or special devices to apply pressure to acupressure points on the body's meridians. Sometimes, acupressure also involves stretching or acupressure massage, as well as other methods.

WHAT CAN ACUPRESSURE ACHIEVE

The goal of acupressure is to restore health and balance to the body's channels of energy and to regulate opposing forces of yin(negative energy) and yang(positive energy). It can stimulate weak, inactive muscles and thus, partially compensate for the lack of exercise and inactivity resulting from illness or injury. It also can hasten and lead to a more complete recovery from exercise.

Acupressure may also be helpful for

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

Our store

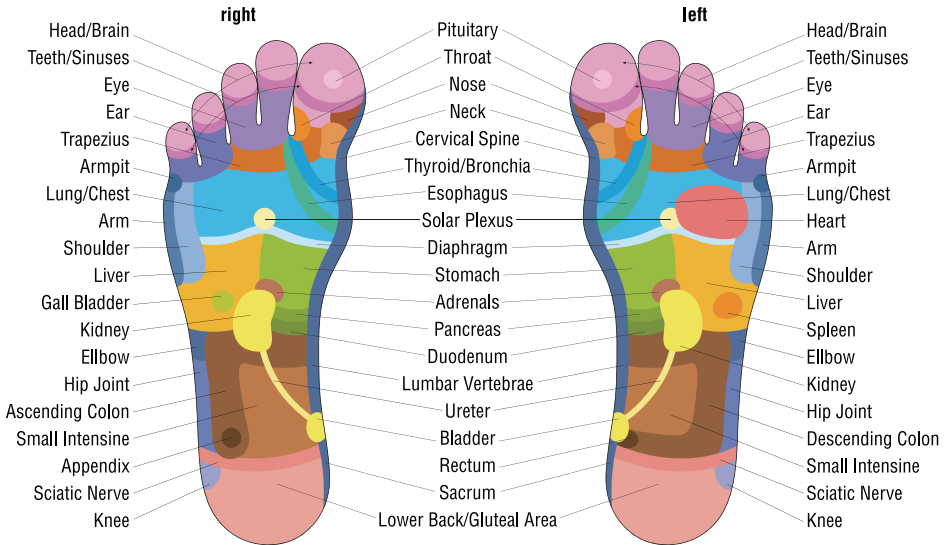
Lin's relax station
Holyoke Mall
50 Holyoke Street
Holyoke, MA 01040

Tel: 626-382-8474



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Foot Reflexology Chart



WHAT IS REFLEXOLOGY

Modern reflexology is based on an ancient form of therapy. There is evidence of some form of foot and hand therapy being practised in China as long ago as 4,000 B.C. It is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

HOW IT WORKS

Reflexologists believe that illness is caused by blockages in the meridians or energy channels. These blockages inhibit the flow of life enhancing energy, also known as 'chi,' causing the accumulation of negative energy, resulting in pain or disease. There are over 7,000 nerve endings in the feet, and these are connected to the whole body through the central nervous system, to the whole body. Massage of the feet, and therefore these nerve endings, stimulates the body, promoting self-healing.

Pressure point techniques are used to focus on these reflex points, to release blocked energy channels and stimulate the body's self-healing abilities, the perfect therapy for general wellness. The foot represents the body: as divided into ten reflex zones, like a mirror image of the body. In the reflexology chart, you can see that each reflex zone corresponds to a part of the body. Specific manipulation and pressure of reflex points reduces and eliminates blockages in the corresponding glands or organs and therefore restores a healthy balance.