

FAQ

What should I wear to my reflexology appt? Please wear something casual and comfy. Your pants should be loose for lower leg work. You may bring a pair of shorts to change into if you wish. You will be required to take off your shoes and socks, otherwise you stay fully clothed.

Does a reflexology session hurt? A reflexology session may encounter some sensitive areas. These areas may feel tender to the touch. However, I will always adjust my pressure with your guidance. One of the benefits of Reflexology is to reduce stress, so a painful session would not be in your best interests.

What types of payment do you accept? I accept cash, check or e-transfer.

Will my feet hurt after my session? Everybody has a different response to a treatment. So, maybe.

How often should I book an appt? I have clients who book weekly, bi-weekly, tri-weekly and monthly. It is completely up to you when you would like to come back. I do recommend at least once a month for general maintenance. If you have a condition that is chronic (over a year), then I recommend a few sessions a few days or weeks apart. Ultimately, it is your decision. BUT I do have to warn you, your feet WILL start to crave the attention.

How will I feel after the session? More times than not, you will feel awesome. There is a possibility that you may take a step back the next day or two, but no worries, as you will bounce back. Just note that, you are doing something super fantastic for your body, and sometimes your body does not know how to respond. Be kind to yourself and keep up with the self care.

What should I do after my session? You should be kind to yourself. Drink plenty of water to keep hydrated. Remember that we just moved and or released some energy. Your body needs time to process. Go for a gentle walk, take an epsom salt bath, talk to a friend, go for a swim, or maybe even take a short nap.

