

Benefits

- **Stress reduction**, profound relaxation for all parts of the body
- Negates the effects of stress while it helps the **body relax & balance**
- **Improved circulation** resulting in better oxygen and nutrient supply to all the cells of the body
- **Detoxification**, improved organ and gland function
- Feeling better, greater productivity, **enriched quality of life**
- **Normalization** of body functions
- **Prevention of illness and disease** by reducing accumulated stress
- **Improvement of mental alertness**
- Improves interrelationships between **body systems**



Comparisons

Reflexology

Massage

Application

Applied to specific areas (usually feet, hands and ears) to promote a response from an area far removed from the tissue stimulated via the nervous systems and acupuncture meridians.

Only the footwear comes off, as only the feet, hands, and ears are touched.

Applied to the whole body; muscles and connective tissue locally for local benefit, or when applied to muscles located all over the body, benefits the entire body.

All the clothing comes off, as most of the body is touched.

Techniques

Uses small muscle movements. Primarily thumbs and fingers are used.

Uses large muscle movement. Hands (either opened or closed) and sometimes feet, arms and elbows.

Purpose

To improve the function of organs and glands, and all systems of the body. Works with the function of the body.

Primarily to change the soft tissue directly stimulated. Works with the structure of the body.

Benefit

Total body relaxation leading to the balancing of all internal and external body systems; improved circulation via stimulation to the nervous and subtly energy systems.

Local muscle relaxation or if the entire body is massaged then to muscular system improving circulation and reducing muscular tension.

Approach

- As your professional Holistic Health Practitioner, we are concerned with balancing energy flow in order to stimulate the body's own healing potential and restore a state of health as well as treating illness in a holistic manner.
- We believe that illness or pain occurs when the pathways become blocked, disrupting the energy flow and breaking the body's harmony. We work to try and unblock those pathways.
- We combine reflexology and meridian therapy in order to provide a more comprehensive and effective treatment program.
- We do not isolate a disease /illness and treat it symptomatically, nor do we work specifically on a problem organ or system, but on the whole person with the objective of inducing a state of balance and harmony.
- Emphasis is placed on one's own state of health, therefore, you are an **active** participant in your holistic health journey.

Location

We use two of the world's most ancient and powerful methods of holistic practice: therapeutic reflexology and Chinese meridian therapy. **Your session includes Foot Hand and Ear Reflexology.**

The length of the session and number of sessions will vary according to the patient and the condition(s). **RULE OF THUMB: It can take one month of healing for every year of illness.**

Sessions performed at:

**15200 E Girard Ave
Ste 2600, Aurora, CO**

*(NE corner of Chambers & Hampden, in
the Hancock Park bldg)*

Free parking!

Gift Certificates Available

Methods of Payment:

Cash, Check, MasterCard, VISA

Flex spending account may be an option!

(3% charge for credit card processing)

Call to schedule:

303.886.0673

Method

**The Flocco Method
integrating:**

FOOT REFLEXOLOGY
(lower legs & feet)

and

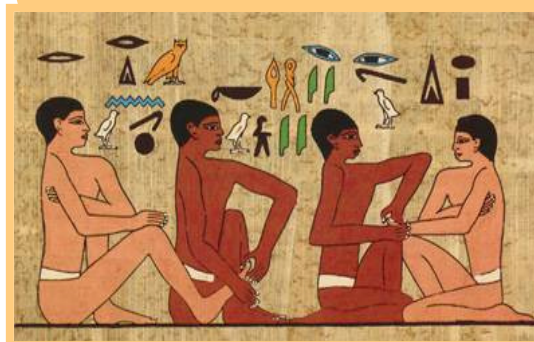
HAND REFLEXOLOGY
(forearms & hands)

and

EAR REFLEXOLOGY
(outer ears and areas
immediately around the ear)

Reflexology is a **safe, natural, and inexpensive** way to help restore healthful circulation to every area of the body. It is the **"drugless"** way to better health, requiring no exercise and no expensive equipment of any kind. It is so simple and natural that it is safe to use on almost everyone. Reflexology is a **rejuvenator** that can win you many years of **new youth and life.**

The Egyptian tomb of Ankmahor in 2350 BC.



Discover Reflexology



A natural system of relaxation based on principles that the body is reflected on the feet, hands and ears. Specific pressure is applied using the thumb, fingers, and hand techniques resulting in stress reduction, creating a profound physiological change in the body.

LaShay Canady

Nationally Certified Reflexologist

Certified Medical Herbalist

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