

The feet are a reflexion of the body

Visit our website for upcoming events  
[www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)  
 Email: [info@mcronline.org](mailto:info@mcronline.org)

For questions, please see our current Board of Directors listed on our website

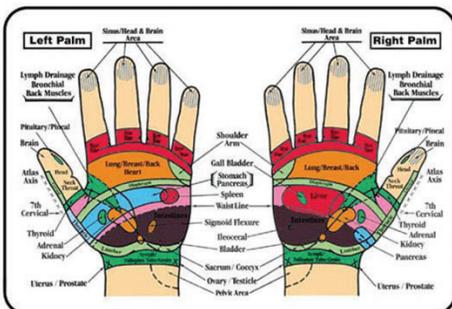
# Maine Council of REFLEXOLOGISTS



The Maine Council of Reflexologists is a non-profit organization bringing awareness to the public about this complementary modality of nurturing your feet and hands to better your health.



## Hand Reflexology Chart



Maine Council of Reflexologists  
 P.O. Box 5583  
 Augusta, Maine 04332-5583



**Over 20 Years of Service!**  
*Promoting Health, Balance and  
 Wellness for Our Lives Today!*

## The Maine Council of Reflexologists

- Promotes public awareness of reflexology
- Provides a forum for the sharing of information through speaking engagements to community groups
- Maintains a strong voice for the reflexology profession in the state of Maine
- Provides networking throughout the state, country and world
- Holds general membership meetings three times annually
- Provides ARCB (American Reflexology Certification Board) approved continuing education for our members & associates through workshops and lectures

*We are members of the Reflexology Association of America and International Council of Reflexologists*



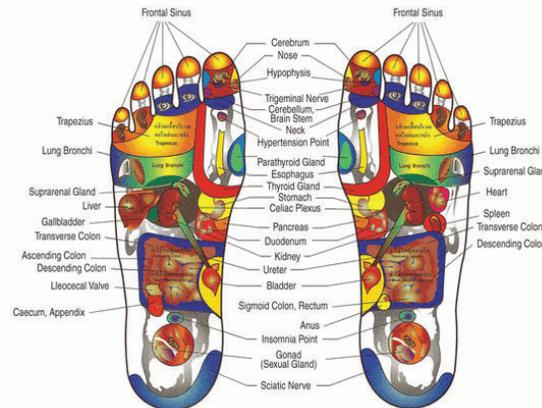
## What is Reflexology?

Reflexology is a specific touch technique that applies pressure with the thumbs and fingers to reflex points on the feet and hands. Using a micro map of the entire body on the feet and hands, reflexology targets specific reflex areas to help speed healing relief to the corresponding body area. Further, devoting attention to all areas brings the entire body into balance.

Sensitive points in the feet or hands may indicate:

- either an injury or condition exists in the foot/hand itself; or
- an imbalance in that reflex area of the body.

Again using micro body maps, some practitioners integrate facial and auricular (ear) reflexology to enhance the regular session. The touch is gentle, precise, and very relaxing.



## What can Reflexology do for you?

Reflexology is profoundly relaxing. It improves circulation in the entire body and reduces stress helping the body normalize and balance itself, thereby reducing stress. Reflexology is reported to relieve: back pain, migraines, digestive disorders, menstrual irregularities and sinus problems. Reflexology also creates a sense of well-being and overall calm, allowing for mental and physical decompression and improved energy flow. The result is improved stamina, more energy, better productivity, increased creativity and emotional balance.

Clients with chronic health issues such as allergies, asthma, diabetes, and chemical dependencies also report significant improvement.

Experience an opportunity to balance health and wellness!

Call for an appointment with your local Certified Reflexologist.

