



Reflexology

The History of Reflexology

Reflexology is one of the most ancient types of therapy and the evidence is in the writing. The oldest pictograph dates back to Egypt in 2330 BC. The inscriptions were found in the physician's tomb at Saqqara in Egypt. These pictographs or hieroglyphs are included with others showing the medical practices of the time.



Ancient Egyptian Hieroglyph: translation of the hieroglyphics are as follows: "Don't hurt me." The practitioner's reply: "I shall act so you praise me."

Throughout world history, many cultures display the importance of caring for the feet. These are just a few examples some of the artifacts found demonstrating the importance of ancient reflexology: In 1276 BC carvings in an obelisk at the temple of Amon at Karnak depicts a worker tending the feet of a soldiers marching to battle, also around 50 BC Octavian a Roman Emperor, noted Mark Anthony massaging Cleopatra's feet at dinner parties, and

5000 years ago in China the medical text "Hwang Tee Internal Text" included "The Method of Toe Observations". There are many more examples of the importance of the feet in history even in the Bible.

However, the exact principles and techniques from the ancient past is lost to us but the discoveries that have been made prove that the therapy given to hands and feet played a large role in the well-being of people around the world.

Recent discoveries dating back to 1917 introduce us to the term Reflexology named by Russian Physician V. M. Bekhterev (1857-1957) and Dr. William H. Fitzgerald, M.D. (ENT) brought it to the United States as "Zone Therapy".

Dr. Fitzgerald discovered a very interesting fact, that the application of pressure on the zones not only relieved pain but in the majority of cases **also relieved the underlying cause as well**. The same result is experienced through **Reflexology** today, which is

based partially on the Zone

Theory. Dr. Shelby Riley, M.D. worked closely with Dr. Fitzgerald and developed the Zone Theory further.

Eunice D. Ingham, a Physical Therapist, worked closely with Dr. Riley and was fascinated by the concept of Zone Therapy and started developing her foot reflex theory in the early 1930's.

She treated hundreds of patients where each reflex point of contact had been carefully and thoughtfully checked and rechecked until with all confidence she was able to determine that the **reflexes on the feet were an exact mirror image of the organs of the body**. Dr. Riley encouraged her to write her first book entitled "Stories The Feet Can Tell" where she documented her cases and carefully mapped out the reflexes on the feet.

This is the foundation of all Reflexology techniques taught today.

(All historical information is paraphrased from the website, <http://www.reflexology-usa.net/history.htm> and the book "Hand Reflexology" by Barbara and Kevin Kunz.)

Essential Oils and Aromatherapy



GRITMAN ESSENTIAL OILS



More than ever, well-being has become a priority in our lives. We are all looking for a healthy balance of body, mind and spirit. At Spa Almaz, we offer a new venue for refining well-being to New Iberia and the surrounding area.

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A tranquil oasis...

Spa Almaz is an oasis, a unique retreat for women to escape the rigors of daily stress and to replenish the body and soul. We offer the broadest and most advanced range of skin and body treatments to enhance your well-being; treatments which nourish, heal, and balance. Our goal is to provide improvement not only in your body, but also your psyche, your attitude and in the way you feel about taking care of yourself.

The team at Spa Almaz has a genuine commitment to our clients' well-being. We are motivated, trained, and passionate about providing positive change in our guests' lives. Our approach to skin, body, and hair care uses only the purest ingredients to work small miracles. We have extensive training on natural approaches to well-being and we hope to improve your life just a little through our therapies.

We offer you luxurious amenities and surroundings as an incentive for taking care of yourself. Our warm ambiance, European décor, luxurious robes, tranquility room and other amenities are designed to envelop your senses in the luxury of Spa Almaz. We look forward to becoming a part of your wellness regimen and welcome the opportunity to serve you.



Essential Oil Recipes

Skin Moisturizing Bath Oil

- 1 tablespoon [jojoba oil](#)
- 1 tablespoon [almond](#) or [apricot kernel](#) oil
- 1 tablespoon [grapeseed](#) oil
- 10 drops [patchouli](#) essential oil
- 10 drops [lavender](#) essential oil
- 7 drops [sweet orange](#) essential oil

Victorian Room Spray

- 4 ounces bottled or distilled water
- 6 drops [rose otto](#) or [absolute](#) oil
- 6 drops [bergamot](#) essential oil
- 3 drops [clove](#) essential oil
- 3 drops [patchouli](#) essential oil
- Small spray bottle or atomizer

Place ingredients in a spray bottle.

Shake vigorously before misting room air.

Relaxing Ylang Ylang Bath Oil Salts

- 1 tablespoon [jojoba oil](#)
- 1 tablespoon [almond](#) or [apricot kernel](#) oil
- 1 tablespoon sea salt
- 20 drops [ylang ylang](#) essential oil
- 7 drops [sweet orange](#) essential oil

Enticing Room Spray

- 4 ounces bottled or distilled water
- 6 drops [ylang ylang](#) essential oil
- 6 drops [bergamot](#) essential oil
- 6 drops [sandalwood](#) essential oil
- Small spray bottle or atomizer.

Place ingredients in a spray bottle.

Shake vigorously before misting room air.

