

Reflexology Massage in Cancun, MX

 matrixmassagecancun.com/massage-services/reflexology-massage-cancun/

Call 555-807-4210

100% Satisfaction Guaranteed

Reflexology Massage can help reduce symptoms such as headaches, body aches, anxiety and digestive problems that arise in many medical conditions.

What is Reflexology?

Reflexology is a **holistic approach to promoting greater balance in the body**. Reflexology practices are frequently used in conjunction with therapeutic massage and other [therapeutic treatments](#) for health and relaxation provided at Matrix Massage. However, reflexology is not defined as a massage therapy. It is a different discipline, **focusing on specific reflex zones**. Only areas and points on the hands, feet, or outer ears are treated with methods to stimulate correspondent internal organs and glands, and thereby **enhance circulation and energy flow through the entire body**.



Reflex Zones: How Reflexology Works

Reflex zones are areas of the outer **ears, hands, and feet** that are believed to be *connected through the nervous system to other parts of the body*. This internal system of correspondence between nerves is utilized in [reflexology treatment](#) by applying pressure to these reflex zones, which *impacts nerves, communicating energy signals to other parts of the body*.

For example, stimulating the acupressure points and areas of the **ears, hands, and feet** is intended to stimulate corresponding internal glands and organs to *help promote organ and gland health as well as more efficient healing of myriad stress-related health issues*. **Tension can also be reduced**, as well as an **increase in blood flow**, which *carries the body's nutrients to its parts, ultimately contributing to improved general health and balance of circulatory and nerve energy flow in the body*.

Reflexology Techniques

The purpose of reflexology goes beyond the immediate good feeling of greater relaxation. And, the practice of this therapy is meant to accomplish **health benefits at a deeper level** than the superficial effects to muscles and skin experienced during the treatment. The therapeutic techniques used are employed to stimulate increased energy along the body's internal paths of energy flow. **The Matrix reflexology therapist uses a variety of special techniques, including these few examples:**

- Finger pressure at reflex points
- Pulling on the toes
- Kneading the soft fleshy ball of the foot

- A variety of pressure holds
- Tracing around the heel
- Pushing deep into the foot's arch
- Rotation of joints
- Applying finger pressure
- Rubbing designated areas in reflex zones

When administered by a skilled **Matrix Massage therapist in Cancun**, reflexology treatments afford you an especially relaxing therapeutic experience. You can expect to feel the *benefits of deep relaxation* not only in the reflex areas, but throughout your *entire body*.

Reflexology Massage Benefits

Reflexology has become increasingly popular for people seeking **more efficient** and **natural alternatives** for *stress relief* and *relaxation*. Maintaining an effective practice of reducing stress can significantly *reduce risk of heart disease*, and can provide many other **important health advantages, including the following, among others.**

- Increases blood circulation
- Helps relieve stress and anxiety
- Promotes energy
- Stimulates internal organs
- Promotes healing
- Helps recovery from minor ailments
- May help reduce pain
- Relieves pressure on feet and legs (healthful for pregnant women)
- Promotes resistance to illnesses
- Indirectly helps prevent injuries

We explain the benefits of reflexology in greater detail below:

- **Reflexology benefits your Body.** When the reflex areas are stimulated, your entire body relaxes, which has a tremendous impact on how your body feels. Through Reflexology, you may gain an increased awareness of various body sensations. For example, you may notice how “tight” your body feels in a stressful situation versus how “loose” it feels at rest. It is important to note these sensations, as it may help motivate you to maintain your relaxed state.
- **Reflexology benefits your Mind.** When your body is at rest, your mind can relax. A relaxed mind has more thoughts of appreciation and gratitude than a stressed mind which houses thoughts of worry and fear. Through Reflexology, you may gain an increased awareness of the multitude of thoughts that enter your mind. For example, you may become more aware of the number of positive thoughts versus negative thoughts you have in certain situations. It is important to note these thoughts, as it may help motivate you to retain the positive and discard the negative.
- **Reflexology benefits the Sole.** Your feet, of course, feel rejuvenated at the end of a session. You'll likely notice how light and flexible your feet feel after your treatment. Through Reflexology, you may also notice a benefit for your soul, or spirit. For example, when your body is not tight with pain and your mind is not clouded with negative thoughts, you may become more aware of your intuitive side as you become more present in

your surroundings.

The above [benefits](#), among others realized through reflexology treatment, are well understood as contributors to the body's ability to obtain a *healthful balance* and even to *heal itself*. The whole spectrum of adverse *health conditions*, *headaches*, *various stomach problems*, *sensitivity to pain*, and many other symptoms **can indicate important imbalances leading to potentially increasing states of weaker health**.

Matrix Spa & Massage Cancun Reflexology Therapy

At [Matrix Spa & Massage Cancun](#), we offer our [reflexology treatments](#) in the spa environment to **enhance balance of body and mind**. Our **experienced reflexology therapists** are committed to the highest in quality treatment with [any of our services](#) to *improve the way you feel*, *increase your energy levels*, and *enhance your overall quality of life*. We're here to ensure that you benefit from taking time to *relax* and *enjoy* our *serene environment* and the professional treatment you will experience in our Cancun therapeutic massage and spa facilities.

If you would like more information about Reflexology Treatments, or to make an appointment, [contact Matrix Spa & Massage Cancun today!](#) We look forward to serving you!