

Here's What to Expect from Your Foot Reflexology Visit



Who doesn't crave a relaxing foot massage particularly after a long day of standing up and walking around, when our feet tend to swell up? With the proliferation of traditional therapeutic techniques, people tend to move towards non-invasive treatment methods that focus on holistic healing and improving the general health and energy flow of your body.

A foot massage can not only help you mitigate pain from standing throughout the day but also helps improve blood circulation and help prevent foot and ankle injuries. As you book your [foot reflexology massage in Massapequa](#), here's what you can expect from the first visit.

The Introductory Part

On your first visit, the practitioner will conduct a brief health checkup to ensure that reflexology is the right treatment for you. In this introductory part, they will also help you understand how

reflexology works and what to expect during the session. During this introductory part, you should feel free to ask questions and remember, you should feel comfortable communicating with your reflexologist. If they are not forthcoming with the information or are dismissive of your concerns, this could be a potential red flag.

Starting the Session

During the foot reflexology massage session, the practitioner may wash your feet and soak them in warm water, then position them at their chest level. They will begin by assessing your foot for any wounds, cuts, rashes, or pains that could hinder your treatment.

A typical **foot reflexology session** lasts from anywhere between 30 to 60 minutes, and during this time, you can sit back and relax or even talk at your own discretion. Even if you fall asleep during the appointment, you will still be able to reap the benefits of the therapeutic session.

The Primary Focus of the Session

A complete reflexology therapy session uses many different techniques and includes all of the acupressure points on both feet (and perhaps the hands and ears). By working all of the points, the reflexologist addresses internal organs and glands as well as muscle groups, bones, and nerves (sciatic) during a session.

How Many Sessions Will You Need?

The number of sessions you need will depend on your individual needs and underlying conditions. Some people notice the benefits of foot reflexology right after the first session, while others find that their pain mitigates only after a few sessions. However, they can notice their mood and sleep patterns improve over the course of multiple sessions.

What Should You Do After Your Reflexology Session?

Post-treatment care is very important to make the best of your foot reflexology session. Over the next 24 hours following your treatment, make sure to drink plenty of water to keep hydrated as it helps improve your energy levels whilst flushing out toxins. If you have another session scheduled, make sure you take note of any side effects or reactions that you might want to share with the reflexologist in your next session.

If you are looking to get a foot reflexology massage in Massapequa, NY, get in touch with us at [Spa 505](#)