



## After Reflexology

## FOLLOW-UP ADVICE

Reflexology is a non-invasive gentle complementary therapy but it is also powerful in promoting good health. Your child's behaviour may be noticeably different after they have had reflexology. This is due to the balancing nature of the therapy.

Be sure to:

- Keep your child well hydrated
- Be a bit more aware than usual of their needs and mood
- Offer them small amounts of food regularly for 24 hours

Your child may:

- Sleep more than usual
- Have more energy than usual
- Feel more emotional than usual
- Have an increased or decreased appetite
- Have more bowel movements than usual
- Urinate more than usual
- Be more relaxed than usual
- Exhibit signs of an illness such as a cold (if one has been brewing reflexology can bring it out)
- Be more clingy than usual
- Revert to younger behaviour

All these are normal and won't last more than a few days and a week at the most. Regular treatments will not produce such extreme reactions in the future but will help to maintain your child's homeostasis and promote balance for your child's body and mind. Most children don't have severe reactions as they are relatively untouched by the stresses of life and are able to adjust to situations and rebalance quickly.

