



Who doesn't like to get a massage?

You'll love the **Reflexology massages**, usually done on the feet because is an excellent way to relax, maintaining wellness and prevent disease.

Pay some attention to your feet and you will see that your whole body will feel better!

The therapy consists of applying a massage on certain areas on the feet. We have a reflex spots on them that correspond to each organ or body part. When we have some body disorder, these spots become painful when we put pressure on them, that indicates a disorder in a specific part of the body (liver, stomach, kidneys, etc.).



"Funny and effective for everyone"

Reflexology is adequate for everyone, and ideal for children.

The foot massage stimulates the defenses and relieve common ailments such as constipation, back pains, incontinence, stress, sleep disorders, etc.

But you don't need to be sick to enjoy it, can be a game at the same time that helps to boost your energy and strengthen family ties.

Reflexology will make you see the life in a leisurely way.

Juanma Toledo Buigues

**Podal Reflexology
Technical Specialist**

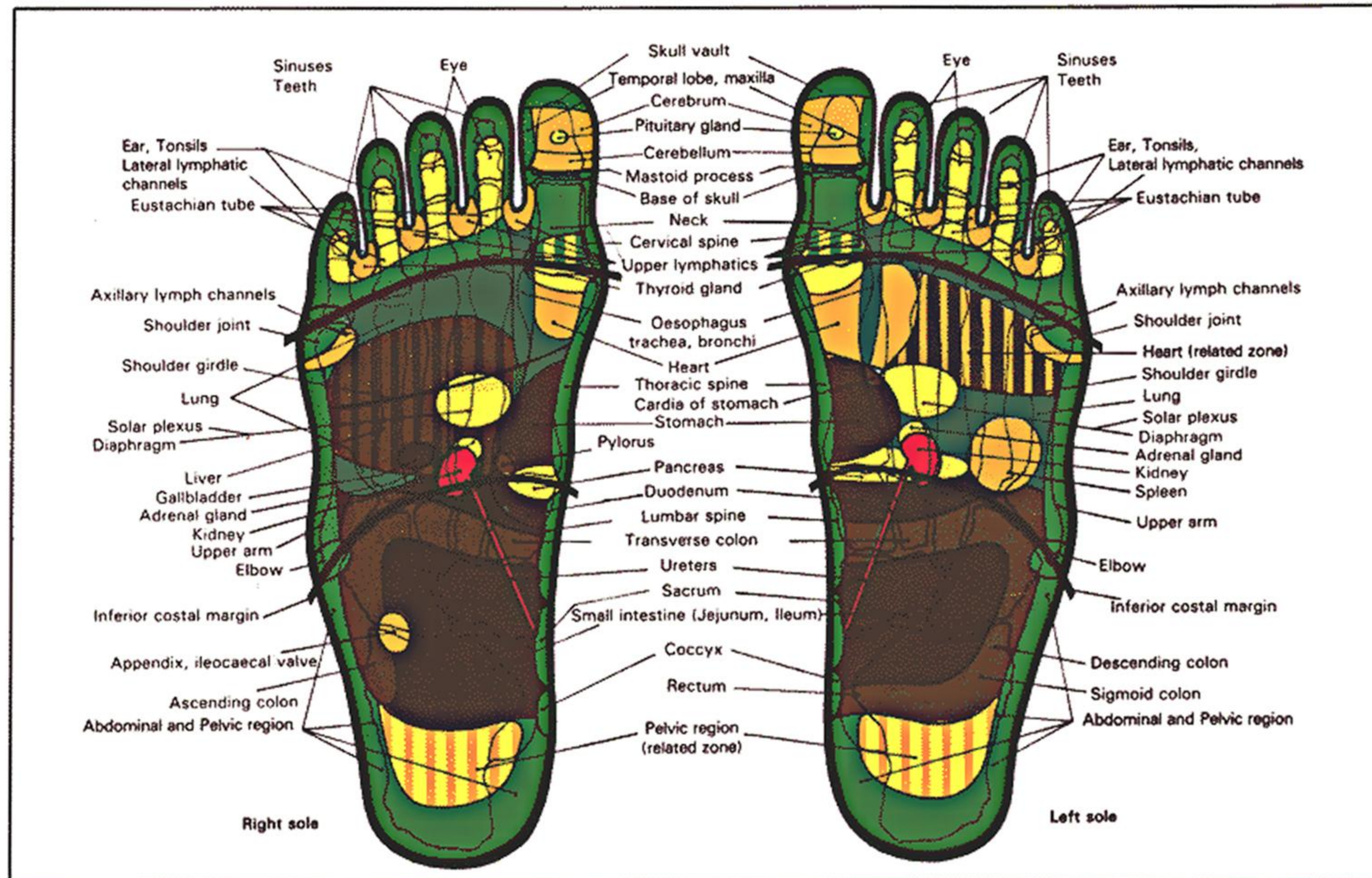
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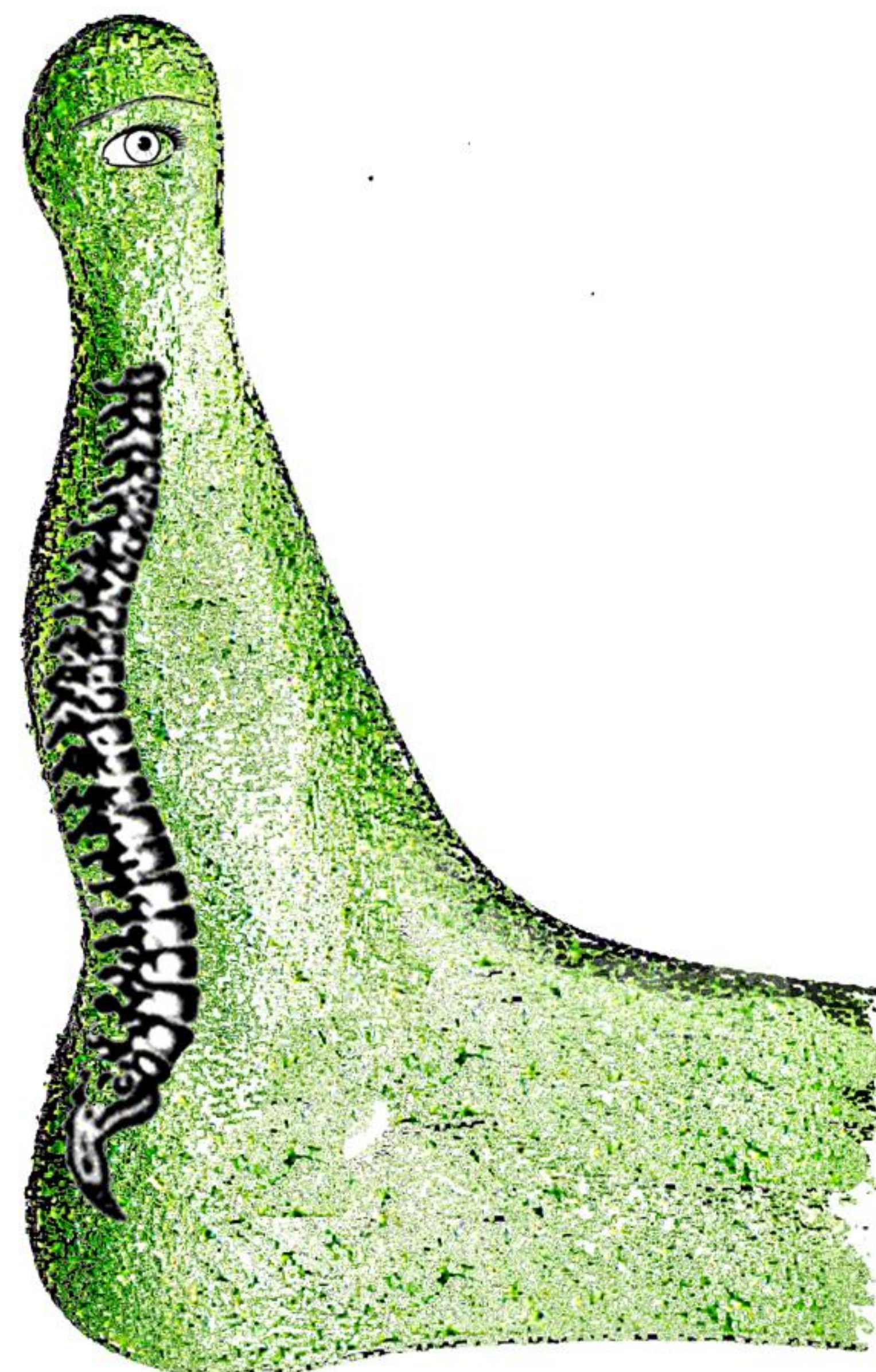
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Map of the reflex zones for each organ.

Similarity of the foot with respect to a person sitting.



On children, resilience can be stimulated spontaneously.

The reactions are different for each person, depending on their nature.

