

## How Reflexology has helped me

“ I started having **Facial Reflexology** to try and improve my wellbeing as I was feeling very fatigued and experiencing 'brain fog'. Not only has it left me feeling more energised, it has improved my blood pressure, my headaches have become less frequent and the 'brain fog' has improved. Apart from helping my symptoms it's wonderful to have time to myself just to lay back and relax!

Steph, KMSTC Member

“ The **Hot Stones Massage** helps me in so many ways. The heat from the stones loosens my muscles and enables the therapist to work at removing all the knots leaving me feeling relaxed and, especially, my limbs feeling less heavy and my mobility improved. It relieves the tension from my back and I always sleep well after having a hot stones massage. The whole treatment just leaves me feeling better all over.

Jill, KMSTC Member



## About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

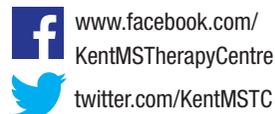
Within our brand-new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

### Kent MS Therapy Centre

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## Reflexology

[www.kentmstc.org](http://www.kentmstc.org)

### & Massage Therapies



## What is Reflexology & Massage Therapy?

Reflexology is an ancient, non-intrusive complementary therapy which is based on the theory that different points of the feet, lower legs, hands, face or ears correspond with different areas of the body. It is believed that working these reflex points helps to correct imbalances in the body, aiding relaxation and helping to improve wellbeing. Potential benefits can include: reduced stress, eased aches and pains, improved circulation, strengthened immune system, eased digestive disorders, improved sleep disorders, increased energy levels, and a sense that the whole body is in harmony.

Facial reflexology focuses on the face, improving blood circulation, lymphatic drainage and nerve stimulation, resulting in a glowing complexion, improved health and a sense of well-being. Indian Head Massage works specifically on the upper back, shoulders, upper arms, neck, scalp and face – areas of the body where we hold most tension.

## About the treatment

Following an initial assessment with the MS Support Manager to make sure your chosen therapy is suitable for you, a variety of specialised massage techniques will be used and adapted to suit your individual needs.

After a couple of treatments, most people feel an improved sense of wellbeing and deep relaxation. Occasionally people experience symptoms such as a mild headache, tiredness or needing to go to the toilet more often; however this is common, and should pass within 24-48 hours.

Each **Facial Reflexology** session commences with the stimulation of facial acupuncture points to enervate the nerves, and lymphatic and blood circulation of the face. The therapist will then continue with a series of different procedures using face maps, through which the brain and



nerve system is stimulated and the healing process initiated.

**Indian Head Massage** helps to increase blood flow to the head, neck and shoulder region, helping to nourish tissue and encourage healing, as well as aiding in the elimination of toxins and waste products. It also helps relax the muscle and nerve fibres, reducing spasms and restrictions in the muscle fibres.

All our treatments last 45 minutes, and many people experience the release of stress and muscular tension as well as improved sleep and increased energy levels.

## Reflexology & Massage Therapies and MS

The benefits of Reflexology have been investigated in MS, with studies showing that patients saw significant improvements in symptoms such as pins and needles, bladder symptoms, muscle strength and spasticity. Other studies have shown benefit in pain, depression and spasms.

Massage is used by some people for the relief of musculoskeletal symptoms of MS, and also appears to aid general well-being and muscle spasticity.

Studies have also shown massage can lower anxiety and improve mood.

