

Reflexology

Frequently Reported Benefits

- Stress Reduction
- Relaxation
- Pain Management
- Health Enhancement
- Improved Body Function

RAA The Reflexology Association of America is a non profit organization that promotes, on behalf of its members and society, the scientific and professional advancement of the study and art of Reflexology.

Typical Session

- Only remove footwear
- Individualized Care
- Approximate session length 30–60 minutes

*“Experience ...
The Health
Enhancing Art
of Reflexology”*

Reflexologists do not

- Diagnose medical disorders
- Treat medical conditions directly
- Prescribe or adjust medications

History and Science

This art and science of Reflexology is based on the work of three 20th century medical doctors and a Physio-therapist

- Dr. William Fitzgerald (USA)
- Dr. Joe Shelby Riley (USA)
- Dr. Paul Nogier (France)
- Eunice Ingham (USA)

Reflexology is ...

- Supported by Global Research Studies
- National Institutes of Health recognized as an Integrative Therapy

RAA Reflexology Association of America



Reflexology

Credentials To Look For

- Education (minimum 200 hours)
- National Certification by the American Reflexology Certification Board (ARCB)
- Years of Experience
- Continuing Education
- Professional Affiliations



Reflexology Association of America
4012 S. Rainbow Blvd.
Box K585
Las Vegas, NV 89103-2099
Office & Fax: 740.657.1695
Email: raadminsuff@aol.com

Discover
Reflexology

“A non-invasive complementary modality involving the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands and outer ears”

