

Reflexology

on the Foulis and Victoria Ward

The Collective Zonal Package



Sarah Hurley FMAR CNHC

Reflexologist
and complementary therapist

The ancient healing art of Reflexology has been known to man for thousands of years.

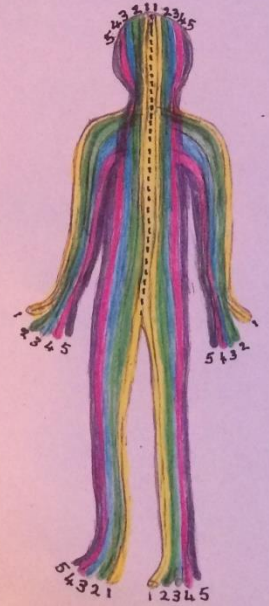
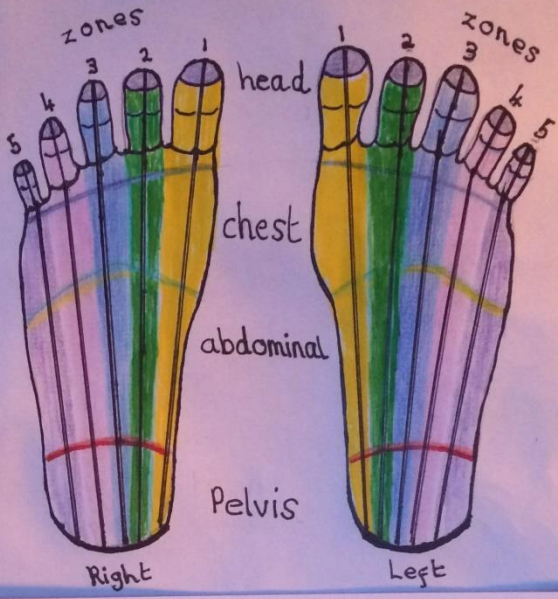
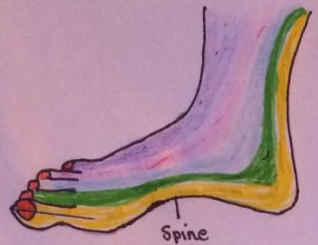
The earliest records of this therapy are to be found in Egypt.

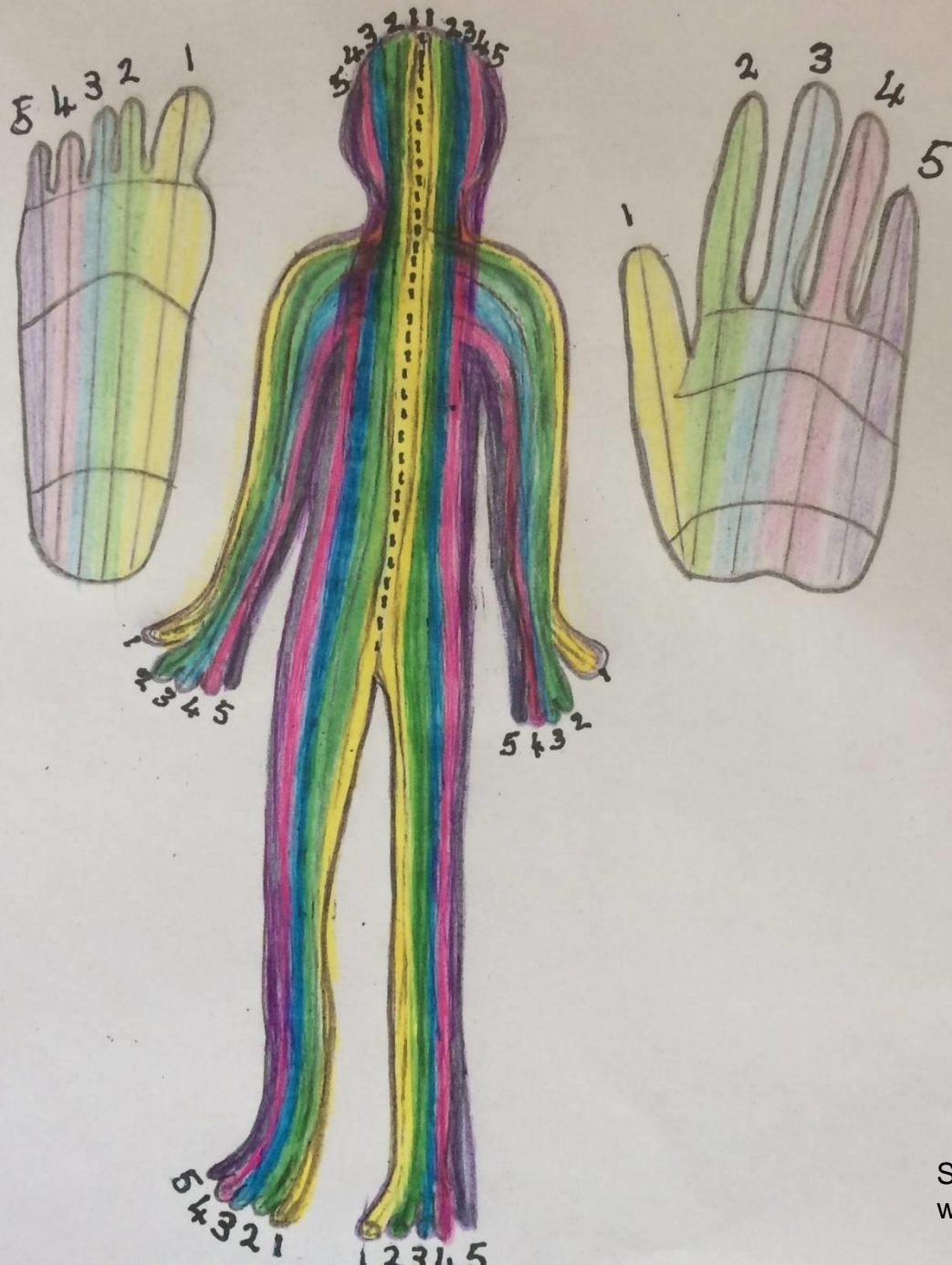


Dr. William Fitzgerald

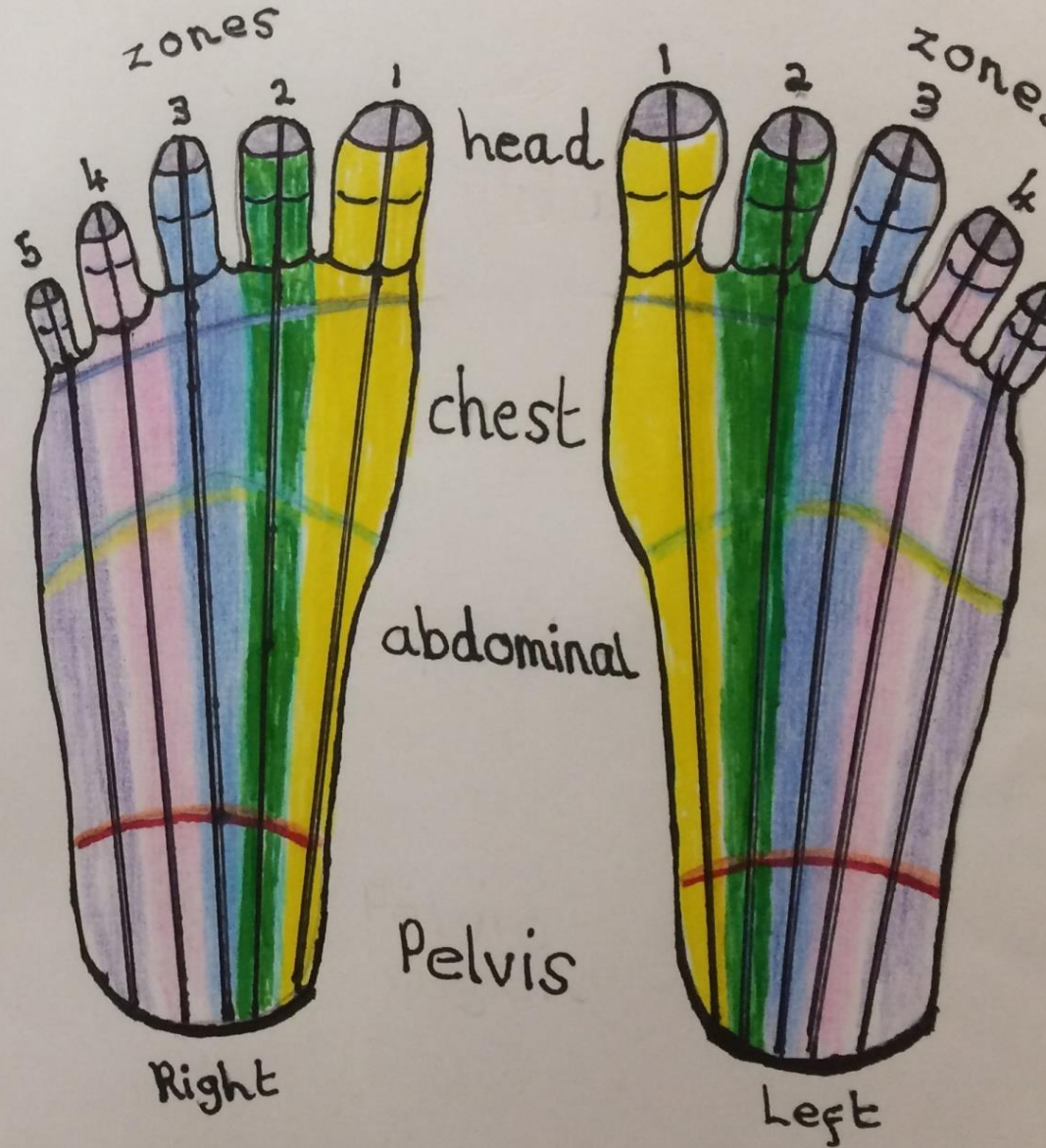
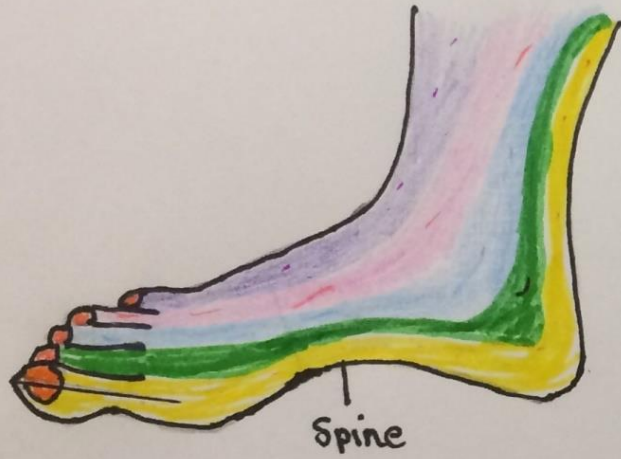
In 1913 the technique of applying pressure to the reflexes on the feet or hands was developed by Dr. William Fitzgerald, an American ear, nose and throat surgeon. He noted that pressure on one part of the body could have an anaesthetizing effect within another unrelated area. In the 1930's, He divided the body into ten vertical zones running from the toes and fingers to the brain and concluded that pressure on one part of a zone could affect any thing else within that zone.

Reflexology chart by Sarah Hurley 2017





Reflexology chart by Sarah Hurley 2017



Eunice Ingham

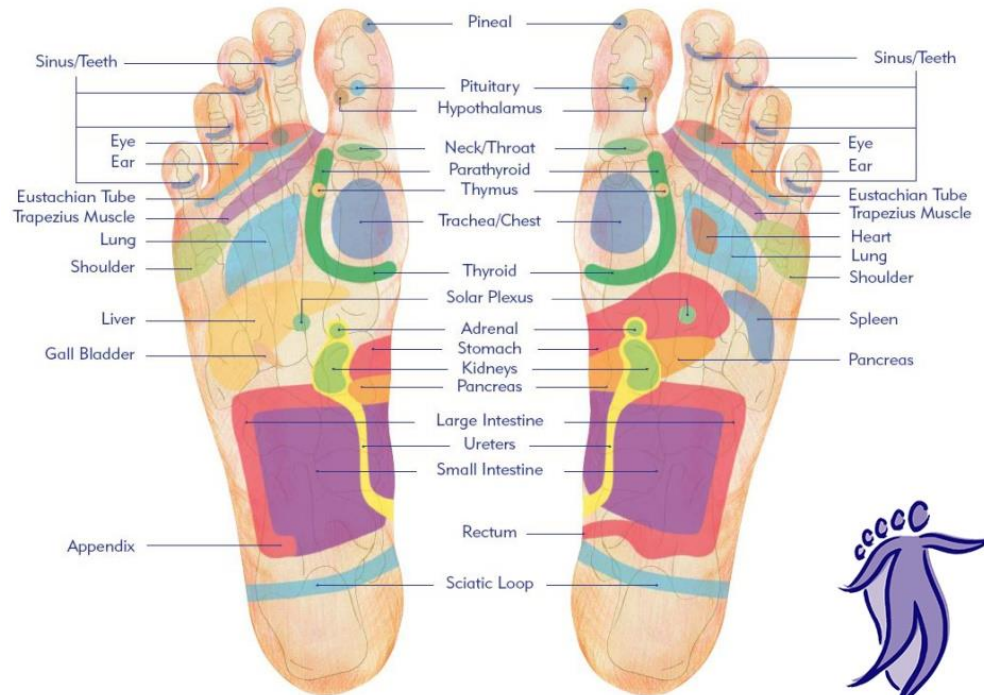
Eunice Ingham, a therapist, developed and refined Dr. Fitzgerald's Zone Therapy into foot and hand reflexology we know today.

The feet and hands mirror the body, thus when you treat the feet and hands you treat the whole body.



Collective Zonal Reflexology

The reflexology package, tailored to meet the needs of the patients.



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Collective Zonal Reflexology?

This is the integration and adaptation of various methods of reflexology, combined with intuitive healing modalities that I, Sarah Hurley, have developed.

- ❖ To enhance the individuals innate healing power.
- ❖ To help empower the patient to strive to their maximum health and well-being.
- ❖ To relax and de-stress

Sarah Hurley

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