

Footzonology

First Appointment	60 MIN	\$65
Monthly	45 MIN	\$50
Bi-Weekly	35 MIN	\$40
Weekly	25 MIN	\$30

What Is Footzonology

FootZonology is the science of balancing, rejuvenating and detoxifying the body through the signal system in the feet while assisting in the natural healing process. Each cell in our body has a signal on our feet. By accessing the signal, the cells are prompted at a DNA level to renew and repair themselves. It treats the entire body as a whole. The body has the ability to heal itself! By treating the entire body each time, a harmonious balance can be maintained in the body, which will lead to overall vitality and wellness. Through this technique, you will gain the knowledge to help you stay and become healthier. The improvements and benefits that Footzonology does for the body is more than amazing. A natural way to heal the body through the signal system in the feet, so that we may regain our optimal health from "heal to toe"!

What Are Your Feet Trying to Tell?

The feet reflect the body. It reflects the past, present and possible future health concerns. When there is a tender or sore spot on the feet, that could be an indication that the signal is disturbed. Therefore, that part of our body is disturbed. Pain is our body's way of informing us that something's not right. We have been provided with a brilliant signal system through our feet! When we learn how this system works, we can see what is causing the pain and disturbances within our body. Through the correct use of this wonderful signal system, it can naturally be corrected and be brought back to balance with Footzonology.

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How Does This Work

All our body's systems are inter-related and work together synergistically for optimal health and wellness. Every cell and organ of the body has a signal on the feet. We can access those organs and cells through the signal system in the feet to bring our body back to its true blueprint. Every cell in the body was programmed to regenerate. It holds the DNA memory. Which is why our cells are able to die off and keep regenerating. Through diet, stress, trauma; emotional/mental, environmental toxins, viruses, and lifestyle, we tend to change and mutate our cellular regeneration. Therefore, having health issues and problems. Through this intricate technique our body and cells are reprogrammed to regenerate correctly, bringing the body back to its true blueprint.

Keep in mind that everybody's body is different. Sometimes there is immediate results and sometimes it takes time. You must keep working at it. Don't forget, how long it has taken your health to get to where it is now. If you want to have balance and want to be healthy, it takes effort and hard work on your part. What you do to and with your body, is up to you! The body was created and programmed to naturally regenerate itself to heal and to function properly. It is constantly trying to find homeostasis. We must learn the correct "tools" and apply them so that it can!

What to expect in a Foot Zoning treatment?

One will methodically roll, press, or slide knuckles and thumbs along the tops, bottoms, and sides of your feet. A foot zone session helps to detox and rejuvenate the cells & organs in the body and helps bring the body back to a more balanced state. After a zone, a client can feel energized or more relaxed. One can analyze the foot and recognize the imbalances that are taking place inside the body. The client should drink plenty of water through the day. An epsom salt bath is always wonderful after a Foot Zoning treatment.

How often should one get a Foot Zone?

Each person varies depending on what the condition of the body is. If you're healthy and well, it's recommended to get a treatment once every 4-6 weeks. Other acute conditions can be advised to be Foot Zoned a few times a week.