

Ear Reflexology

What might I experience during, or after a session?



We will take some time to chat about any expectations, or concerns, you may have regarding your health and well-being. You will remain seated and initially a towel will be draped over your shoulder and a visual inspection each ear will take place.

The placement of the towel prevents any reflection of color from your clothes and allows documentation of any skin discolorations or notable areas on your ears. This will be followed by cleansing your ears using an alcohol pad.

You will then lie down, remaining fully-clothed, on a massage table for the actual reflexology portion of the session. During the palpation / treatment portion of the session you will most likely feel muscles relaxing, your mind clearing and a general relaxation throughout your body, mind and spirit. You may feel areas of tenderness at times, or maybe even a tingling or warmth in your ears.

Ear Seeds may be placed on your ears at the end of the session. These “seeds” (vaccaria seeds, magnetic seeds, or gold-plated seeds) will be taped to your ear and will allow you to stimulate specific areas on your ear at home after the session.

After the session we will discuss what was noted during the session and home care.

- Balanced Bodycare, PLLC -

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