



Natural Health Practitioners of Canada
Praticiens de la Santé Naturelle du Canada



SAFETY & CONSIDERATIONS

Although research on reflexology safety is limited, most studies report that when performed by a trained professional, it is generally a safe practice with very few reports of negative effects.

Only a few mild side effects have been reported for reflexology, including:

- 👉 foot discomfort
- 👉 nausea
- 👉 pain at the stimulated points on the hands and feet



More research is needed to understand when reflexology might not be an appropriate therapy or when adjustments should be made for certain individuals.