

The differences between Reflexology and Massage

Some people confuse Reflexology with massage, but they are two different modalities--each with its own strengths. Both, like many other therapies, such as chiropractic, osteopathy, and other somatic practices, involve the use of the hands to apply their techniques. The aim with both Reflexology and massage is to enhance the well being of the client.

Reflexology	Massage
Application:	
Applied to specific areas (usually feet, hands and ears) to promote a response from an area far removed from the tissue stimulated via the nervous systems and acupuncture meridians.	Applied to the whole body; muscles and connective tissue locally for local benefit, or when applied to muscles located all over the body, benefits the entire body.
Only the footwear comes off, as only the feet, hands, and ears are touched.	All the clothing comes off, as most of the body is touched.
Techniques	
Uses small muscle movements primarily thumbs and fingers are used.	Uses large muscle movement hands (either opened or closed) and sometimes feet, arms and elbows
Purpose	
To improve the function of organs and glands, and all systems of the body. Works with the function of the body.	Primarily to change the soft tissue directly stimulated. Works with the structure of the body.
Benefit:	
Total body relaxation leading to the balancing of all internal and external body systems; improving circulation via stimulation of the nervous and subtle energy systems.	Local muscle relaxation or if the entire body is massaged then to the muscular system improving circulation and reducing muscular tension.