

## Web Sites to check out:



[Reflexology Nation](#) This site shares findings, blogs, and results from the practice of Doug Holland in Ohio. Check it out!

[Differences Between Reflexology and Massage](#) Find an explanation of the differences at the site of the American Reflexology Certification Board.

[Article by Lauren Slade: Merging Science and Reflexology](#) Current article that speaks to the science behind reflexology.

Check out other articles at the [Universal College of Reflexology!](#)



- ✓ *Relieves stress*
- ✓ *Improves circulation*
- ✓ *Returns the body to homeostasis*

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