



"HUMAN FEET HAVE ABOUT 15,000 NERVE ENDINGS."

reflexology

Before my session with top reflexologist Laura Norman, I'd had the treatment a couple of times before. I knew I liked it, but I didn't know why. I thought maybe I was even a little weird. I mean, feet? But I was starting to get the sneaky feeling that I actually preferred foot massage to full-body massage. Why would that be? With a "real" massage you got the whole enchilada: your back, your legs, your arms...in the past I'd loved it, but recently I'd become a bit bored. I asked Laura why it was that whenever a reflexology practitioner laid hands on my feet, the sensations were so intense. Laura just laughed. Human feet, she explained, have about 15,000 nerve endings between them! Because of this amazing concentration of nerves in such a small area, reflexology is totally healing to the poor harassed nervous system. So as Laura ushered me into her beautifully feng shui-ed treatment room, I decided that this session would be the deciding one: I might just give up full-body massage forever and jump feetfirst into reflexology. Before I climbed onto Laura's comfy table, she showed me a foot-shaped map of the body organs as they correspond to the parts of the foot. It's like this: Your toes reflect your head, your neck is reflected in the "necks" of your toes, your heart corresponds to the ball of your foot and so on. She asked me if I had any particular problem areas in my body, and I said that I'd been shedding quite a bit of hair lately. Ah ha, she said, your endocrine system needs rebalancing. That sounded reasonable, but you know what was really on my mind. My feet. I just wanted to get off them and lie down. "Okay," Laura said. Yay! I lay down and closed my eyes as Laura gently rubbed my feet with a warm cloth. Really, if that's all she'd done, I would have written her into my will. But then she began the treatment, using her signature vanilla-scented cream, applying different levels of pressure to different foot parts, but seemingly touching every one of those 15,000 nerves. Soon, I was plunged into a reverie. Finally, as Laura slowed down something wonderful happened: I felt this tremendous, light-filled rush straight into my heart! It's hard to explain-but wow. I walked out on air. Laura definitely recommends reflexology as a couples' aphrodisiac, and you'll find out all about it in her book *Feet First* (Fireside Books). So have I given up full-body massage for the pleasure of well-applied pressure to the relatively tiny area of my feet? The returns are in. And the answer is yes, absolutely—feet are the way to go.

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—Susan Schneider, EXECUTIVE EDITOR
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