

BEST REFLEXOLOGIST

LAURA NORMAN & ASSOCIATES REFLEXOLOGY

Park Avenue at 36th Street
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Best foot forward. Laura Norman wrote the book on foot reflexology: *Feet First: A Guide to Foot Reflexology*. After letting your fingers walk through its pages, treat your soles and tootsies for a personal connection with Norman's healing hands. New York's resident reflexology guru practices at her own Reflexology Center, a two-room studio on Park Ave. It's a small, intimate, one-on-one sort of place, with a vanilla-scented waiting room/office area and one treatment room. Before the hands-on, you complete pre-treatment forms, specifying particularly pressing physical issues (or physical conditions that need Norman's gentle pressure and kneading?) and stating your immediate personal (weight loss, pain relief, etc.) and/or work-related (write that novel, enhance creativity, etc.) goals.

"It helps us to know whether clients seek relief for particular health conditions or if they expect a more generalized sense of balance and well-being through the distressing and energizing effects of reflexology, and articulating their goals helps them focus, visualize and meditate during treatments," says Norman.

The treatment room, furnished with comfortable sofa and easy chair, is much more spacious than most massage stalls. During the treatment, you recline face up on a well-padded massage table, gazing upon a ceiling awesomely adorned with realistically painted angels and clouds and, centrally situated, a pair of foot bottoms. A teardrop-shaped pink crystal dangles beneath the soles. Soothing music or not, your option. The rub begins with a soaking—each foot is bundled briefly in a moist, warm, scented towel. Then every one of the 15,000 nerves in your feet—and their points of correspondence throughout the rest of your body from your head down—are stimulated, as Norman systematically presses, pinches and pulls every inch of toe, sole and ankle on one foot after the other.

By the conclusion of an hour-long session, your stress has melted and you feel a sense of well-being and energy circulating through your entire body. You walk out of the center on air. If you can't get an appointment with Norman (\$200 per hour), experience her treatment style with one of her Reflexology Center associates (\$100 per hour), whom she's trained personally. If you can't visit the Center, Laura Norman & Associates offer home, office, hotel or hospital sessions for double the fee. Or, learn to work Norman's magic on the feet of friends and family—or your own—by enrolling in her periodic Reflexology Training Programs. The introductory workshop costs \$100. The certification course costs \$998.