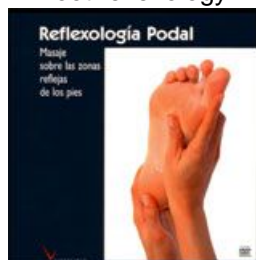


Reflexología podal

Foot reflexology



Author: [Various Authors](#) [1]

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Reflexology stands from the various different types of massage as it stimulates zones removed from the pressure points. The reason this happens is due to the human body's reflex mechanism.

The foot is one of the most important areas in reflexology. Using this type of massage, the respiratory, genitourinary, digestive and hormonal systems and the bone structure can all be stimulated.

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