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City living is tough on feet. Walking to appointments, running for the train, pounding away on hard pavement, all takes a toll on heels and toes. An occasional pedicure may help, but to really restore, reenergize and relax, a reflexology treatment with Chantel C. Lucier is the way to go.

A native of San Francisco, Chantel moved to New York in 2001 as a visual and performing artist. Through reflexology, Chantel found relief for dance injuries, as well as back and joint pain. She began working at Angel Feet Reflexology in the West Village, soon becoming manager. She received her reflexology certification at the Open Center in New York and is an ARCB certified reflexologist. It was at the Open Center a few years later that she discovered reiki which helped with her circulation and general well being.

She continues to deepen her reflexology and reiki practice, constantly studying to learn related modalities that could help her clients.

With Valentine's Day around the corner, someone you know would probably benefit from one of Chantel's treatments. Or maybe that someone is you?

Here, Chantel explains more about reflexology and its benefits.

What is reflexology?

I'm a member of the Reflexology Association of America (RAA) and I love their definition best. "Reflexology is a non-invasive complementary practice involving the use

of alternating pressure applied to reflexes within reflex maps of the body located on the feet, hands and outer ears.”

How does it work?

There are reflex points on your feet and hands (and ears) that correspond to every part of your body. By applying pressure to these points you send the message to the corresponding organ, gland or area of the body to relax.

How is reflexology different from a foot massage?

Generally massage is focused on rubbing or kneading muscles, connective tissue and fascia while reflexology uses a thumb and finger pressing techniques applied to a specific map on the feet and hands that relaxes the entire body (including glands, organs and systems). If a massage therapist wants to release pain or tension in a client’s shoulder they will work on the shoulder directly whereas a reflexologist will work the shoulder reflex located in the feet! This has been particularly beneficial for clients who cannot be touched directly on an infected or painful area on or within the body.

What training do your technicians have?

All of our reflexologists are ARCB certified. ARCB is the American Reflexology Certification Board. Our practitioners are also always deepening their practice with continued study in our field.

What should a client expect from a visit?

The client is asked to remove their socks and shoes. We then nestle them into a big comfy chair, supporting their arms and neck and tuck them in with a fluffy blanket, making it very hard for them to leave after their session! We begin the session by asking the client where they hold tension or if they have something going on in their body that could use more attention that day, tailoring the session to meet their needs. We then wrap their feet in a hot towel, bathe the feet and go into the reflexology session.

Are sessions private or in an open setting?

We have an intimate little space in the West Village of New York that is divided by screens. Two comfy chairs accommodating two people per visit, making it ideal for a single session or two people to receive their sessions side by side.

What information do you need from a client before a treatment? Are there any health conditions you need to know about?

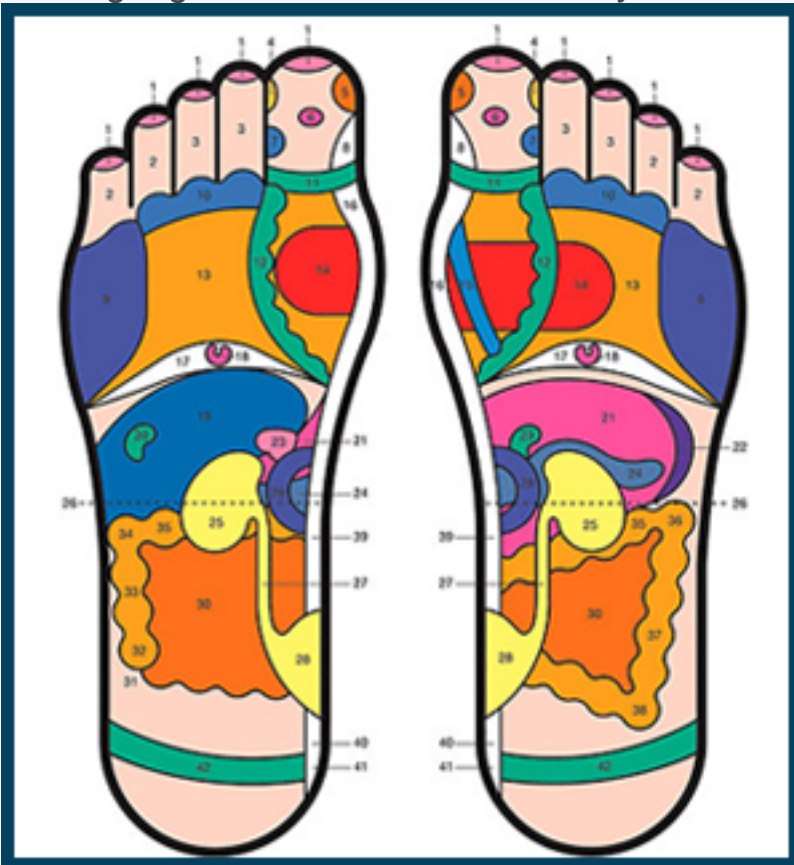
While a reflexologist can work around some cuts, bruises or varicose veins we cannot work on clients with any contagious skin conditions. Reflexology is a very safe complimentary practice. In order to serve the client best we want to know if they're pregnant or trying to conceive, if they have or have had cancer, arthritis, asthma, hypertension, or any other relevant information or medical condition. The more you share with us the more we can support you in your healing process!

Is a pedicure included in the reflexology treatment?

No, we solely focus on reflexology.

Does reflexology work for hands, too?

Absolutely! The reflexology map is reflected in the hands and feet. At Angel Feet you can do a ½ hour or hour session on the feet or in the hour session you can receive 20 minutes on the hands and the rest on the feet. Hand reflexology can be really helpful as so many of us are on computers and phones all the time. Also, the lung reflexology points are particularly prominent in the hands, making it a great way to start a session, sending a gentle reminder for the body to breathe in and relax.



Who could benefit from a reflexology treatment?

Truly, anyone. Some of the benefits of reflexology include the reduction of tension and stress, improved circulation, increased blood flow, pain reduction (especially in post-operative recovery), and stimulating and relaxing the central nervous system. I have also personally seen reflexology give relief to migraine and headache sufferers, women with PMS and period cramping, acute and chronic back pain, and digestive issues.

How often should clients visit for a treatment?

Depends on the client. I personally get reflexology once a week, that's how I maintain a well-balanced system. Some clients come in once a week, others once a month and sometimes if someone has a busy schedule and wants to give a boost to their immune system we'll see them once a season.

What lifestyle issues—job demands, walking long distances, running races, for example—make reflexology a must?

The majority of our clients come in because they want to relax and want relief from the regular stresses of their job and life. We also have a lot of regular clients who travel a lot. Because reflexology really boosts the immune system we see a lot of people when they're preparing to leave the city or returning from a trip. We also see a lot of runners during their marathon training.

Do you have packages available?

We do. We always offer Series Card and Gift Certificate packages at a reduced price. We have an exclusive email list where we give birthday specials and send out an eblast every other month with specials for that time.

Who benefits the most from reflexology sessions, men or women?

Both! We certainly see more women, but couples often come in as part of a birthday surprise or date night out.

- See more at: <http://www.womanaroundtown.com/sponsored-content/restore-reenergize-relax-with-chantel-c-lucier-reflexology#sthash.2AzmuqEY.dpuf>
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