

7 Simple Self-Care Tips to Reset Your Fascia

Fascia is one of the most important and fascinating tissues in the human body. It is a continuous web of connective tissue made primarily of collagen that weaves through your body like a three-dimensional net, enveloping muscles, organs, bones, blood vessels, and nerves. Healthy fascia supports better posture, organ function, circulation, and even emotional balance.

While reflexology offers a direct and powerful way to restore fascia health, daily self-care also plays an important role.

Here are some science-backed tips you can begin today:

- ❑ **Stay Hydrated:** Fascia is made up of collagen and water. Dehydration makes it sticky and less pliable.
- ❑ **Move Often:** Gentle stretching, walking, or varied movement patterns keep fascia flexible. Long periods of sitting create stiffness.
- ❑ **Roll It Out:** Using a soft ball under the arches of your feet can gently stimulate fascia and prepare it for deeper reflexology work.
- ❑ **Breathe Deeply:** Diaphragmatic breathing mobilises fascia around the lungs and supports circulation.
- ❑ **Prioritise Rest:** Fascia repairs itself during sleep. Quality rest is non-negotiable for healing.
- ❑ **Mind Your Posture:** Small adjustments, like keeping feet flat on the ground when seated, reduce unnecessary strain.
- ❑ **Book Regular Reflexology Sessions:** Professional reflexology allows precise stimulation of the reflex points that connect directly with your fascia network.

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