



El Aephau

Massage Therapy

MODALITIES

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Xiamen-Dagdagay Reflexology

Dagdanay Foot massage is an indigenous form of foot massage from the Phillipines that uses "lana" (virgin coconut oils) and "tapik" (bamboo stick tools) infused in a system of deep gliding strokes to the feet. It is "Hilot" of the Feet. (See Hilot above).

Xiamen Relexology is an ancient healing art form of foot massage that originated from Xiamen, China that predates the Ingham Method of the Western reflexology. The reflexes and principles have variations from the Ingham Method. It is based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body.

Xiamen-Dagdanay is simply a combination of the two. The application of pressure on the reflexes, unlike the Ingham method is lubricated and employs long gliding strokes and deep static compression to the reflexes with or without the use of tools. In addition, a variety of stretches are also included in the protocol.

Xiamen Dagdanay Foot Reflexology massage can be a deeply relaxing and therapeutic modality for those suffering from plantar fasciitis, ankle injuries or even everyday work and play. This will not only help relieve toe pain, ankle pain, plantar fasciitis and common forms of arthritis, but can also decrease stress and anxiety in the entire body.



Xiamen-Dagdanay is simply a combination of Dagdanay Hilot Foot massage from the Phillipines Xiamen Foot Reflexology Foot Massage from China. It involves the application of pressure on the specific reflexes on the feet with lubricated long gliding strokes and deep static compression, followed by a variety of stretches.

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