Institute of Natural Medicine

1 hour

Feet Reflexology



You may have heard about Reflexolog
this work, our licensed Massage therap
located on the feet of all parts of the b
insomnia, relieves stress & tension, e
and improves the mobility of the ankle

Feet Reflexology in Ka
Heal

Experience the healing touch of **Feet**
Medicine. Reflexology is a specialized
feet, corresponding to different organs

? Winter Special Offer

90-Minute Massage + FREE 1-Hour Yoga

Book any **90-minute massage** and enjoy our **morning yoga FREE**.

? **Yoga: 7:30–8:30 AM**

Start your morning with yoga and then relax with a 90-minute massage.

Book on WhatsApp

expert **reflexologists in Thamel** help relieve stress, improve circulation, and encourage natural healing.

What is Feet Reflexology?

Feet Reflexology, also known as **foot reflex massage**, is a holistic therapy practiced worldwide. Our licensed **massage therapists and reflexologists** apply precise pressure on the reflex points of your feet. Each point corresponds to organs, glands, and other body parts, allowing the body to self-regulate and restore balance. This therapy is highly effective in improving overall wellness, relieving tension, and promoting relaxation.

Benefits of Feet Reflexology

- Relieves stress and tension
- Reduces insomnia and promotes better sleep
- Improves blood circulation and energy flow
- Enhances mobility of ankles and feet
- Supports natural detoxification and healing
- Assists in recovery from sports injuries and physical strain
- Boosts overall physical and mental well-being

Who Should Try Feet Reflexology?

Feet Reflexology is ideal for anyone seeking a natural way to improve health and relieve stress. Whether you are a busy professional, a traveler exploring Kathmandu, or someone looking for holistic healing, our therapy is tailored for your needs. Pregnant women, seniors, and individuals with chronic conditions can also benefit under the guidance of our trained therapists.

Our Approach at the Institute of Natural Medicine

At the **Institute of Natural Medicine in Thamel**, we provide Feet Reflexology in a serene, nature-inspired environment surrounded by greenery. Each session lasts approximately 1 hour and begins with a consultation to understand your health needs. Our therapists use a combination of firm and gentle pressure on the foot reflex points, ensuring a relaxing yet therapeutic experience. The treatment is complemented with high-quality oils and a comfortable setting to enhance your healing journey.

Why Choose Our Reflexology Services?

- Certified and experienced **reflexologists in Kathmandu**
- Peaceful, natural therapy environment

- Personalized treatment based on individual needs
- Affordable rates compared to commercial spas in Thamel
- Easy access to wellness programs like **Ayurvedic Massage**, **Swedish Massage**, **Reiki Healing,** and many more

Book Your Feet Reflexology Session Today

Relax, rejuvenate, and restore balance in your body with our **Feet Reflexology in Nepal**. Treat your feet, relieve stress, and boost your overall health. Book your session today at the **Institute of Natural Medicine, Thamel, Kathmandu**, and experience the ultimate in foot therapy and wellness.





Frequently Asked Questions

What is Feet Reflexology, and how does it work?

Feet Reflexology is a natural therapy that involves applying pressure to specific reflex points on the feet. These points correspond to organs and systems throughout the body. When stimulated, they help improve blood flow, release tension, and restore balance to your entire system

How is Feet Reflexology different from a regular foot massage?

While a foot massage focuses mainly on muscle relaxation, **reflexology targets precise reflex zones** connected to body organs and glands. It’s a holistic healing approach designed to improve overall wellness, not just relieve tired feet.

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What are the benefits of Feet Reflexology in Kathmandu?

Feet Reflexology helps reduce stress, relieve muscle pain, improve circulation, ease anxiety, promote better sleep, and increase energy levels. Many people in Kathmandu also find it effective for recovery after trekking or yoga practice.

How long does a typical Feet Reflexology session last?

A standard session at the **Institute of Natural Medicine in Thamel** lasts about **1 hour**, including a short consultation to personalize the treatment to your needs.

Can Feet Reflexology help with insomnia and stress?

Yes, it’s one of the best natural therapies for **relieving stress and improving sleep quality**. Reflexology helps calm the nervous system, release endorphins, and create a deep sense of relaxation.

Is Reflexology safe for everyone?

Feet Reflexology is safe for most people, including seniors and those recovering from fatigue or injury. However, people with serious foot injuries, infections, or certain health conditions should consult a doctor or therapist before treatment.

Does Reflexology hurt?

Not at all. The pressure applied during reflexology is firm yet gentle. Some areas may feel sensitive if they relate to tension in a specific organ, but the sensation quickly eases as balance is restored.

How often should I get Reflexology treatments?

For general relaxation and stress management, a **weekly or bi-weekly session** works best. For chronic issues or recovery, your therapist may recommend a personalized plan. Get in touch with our professional therapist for consultation regarding Feet Reflexology session in Thamel.

Can Reflexology help after trekking or hiking in Nepal?

Absolutely! Many trekkers book a **post-trekking foot reflexology session in Kathmandu** to relieve soreness, stiffness, and fatigue after exploring trails like Everest Base Camp or Annapurna Circuit. We also facilitate **Trekkers' Holiday Recovery Massage** at INM.

What can I expect during my first Reflexology session?

Your therapist will first ask about your health and lifestyle. You'll then relax in a comfortable chair or bed while gentle pressure is applied to reflex points on your feet. The session ends with soothing strokes that enhance energy flow and relaxation.

Are oils used during Feet Reflexology?

Yes, natural herbal oils are used to nourish the skin and enhance relaxation. At the **Institute of Natural Medicine**, we use warm, aromatic oils infused with calming herbs for deeper therapeutic effect.

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Can Reflexology improve blood circulation?

Yes, one of the key benefits of reflexology is improved **blood and lymphatic circulation**, which helps with detoxification, energy restoration, and faster healing.

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What are the best places for Feet Reflexology in Kathmandu?

The **Institute of Natural Medicine in Thamel** is one of the most trusted centers offering professional reflexology, along with other wellness therapies like **Ayurvedic Massage**, **Reiki Healing**, and **Hot Stone Massage**.

Can Reflexology help with body pain and stiffness?

Yes. Reflexology targets pressure points that help release muscle tension and reduce stiffness throughout the body, including the back, shoulders, legs, and neck.

How do I book a Feet Reflexology session in Kathmandu?

You can **book your Feet reflexology session** online through the **Institute of Natural Medicine** website or visit us directly in **Thamel, Kathmandu**. Walk-ins are also welcome for same-day appointments.

Price:

60 mins (30min for each feet)	US$ 25
45 mins	US$ 20

Book Now

Check out other packages



Traditional Thai Massage

Traditional Thai Massage—also known as Nuad Boran—originated in Buddhist temples over 2,500 years ago. It’s a unique healing art that blends yoga-inspired stretches, acupressure, and energy balancing.
Explore

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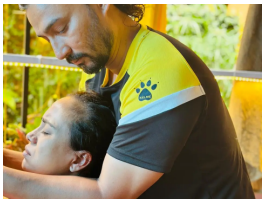
Hot Stone Massage

Hot Stone Massage is an ancient healing practice that uses smooth, volcanic basalt stones heated to a safe, comfortable temperature. These stones are gently placed on key energy points of the body and used during massage.
Explore



Ayurvedic Massage

Ayurvedic massage (Abhyanga) is an ancient holistic therapy that involves a full-body massage using warm, medicated herbal oils chosen specifically according to your body type or dosha (Vata, Pitta & Kapha).
Explore



Deep Tissue Massage

Deep Tissue Massage uses slow, firm strokes and friction to reach deeper layers of muscle fibers and fascia, effective for chronic pain, injuries, or postural problems.
Explore



Trekkers' Holiday Massage

Are you searching for the exact place to cure your health issues occurred after trekking activities in Nepal? Our Massage Training center have specially made a combo therapy that is the mixture of different type of massage therapies.
Explore



Shirodhara

Shirodhara is one of the most relaxing and restorative Ayurvedic treatments, originating from the Sanskrit words “Shiro” meaning “head” and “Dhara” meaning “flow.”
Explore