

Reflexology Sets Foot in Moraga.

By Sophie Braccini



Foot massage by Mr. Dang (Jim)

What could inspire the mother of a two year old child to open a Reflexology Studio in Moraga? If you ask that question to Tiana Hou, a young immigrant from Northern China, she will tell you that it was advice from her family and personal experience that led her to her first business venture.

A recent business graduate from Cal State, Hou had taken a leave of absence from her former employer, Bank of America, to spend more time with daughter. When it was time to go back to work, the bank had no opportunities available near her Lafayette home. With a new baby Hou didn't want a long commute. She consulted her family and brain-stormed about what kind of business she wanted to get involved in.

"The sense of well-

being is evolving in our community," says Alex, Hou's husband. "People are looking for complementary medicine and natural preventive and healing care." Hou had researched that field herself and had been very interested in Inga Dougans' book, "The Art of Reflexology." She experienced Reflexology first hand herself when long periods of standing had caused her severe pain. "Reflexology can release serious conditions," she believes, "it helped me with my pain. I use it routinely also to release stress, enhance blood circulation, promote detoxification and balance my body energy flow." Hou believes that Reflexology is very beneficial to relationships, since most conflicts are rooted in unreleased tensions.

The Moraga Reflexol-

ogy Studio officially opened on July 1st. It is located at 361 Rheem Blvd., between the new 24H Fitness and Round Table Pizza. The cozy studio features lounging arm-chairs in which clients recline while a masseuse takes care of their feet. The treatment is usually an hour long and starts with an herbal foot bath. While the feet soak, a head, neck and shoulder massage is performed before the foot treatment itself. Hou works with three licensed and experienced reflexologists: Mr. Li, Mr. Dang and Ms. Yang. Full body massages are offered as well. For an appointment, call 377-0685. Other reference books include: "The Complete Guide to Foot Reflexology," by Kevin and Barbara Kunz and "Feet First," by Laura Norman.