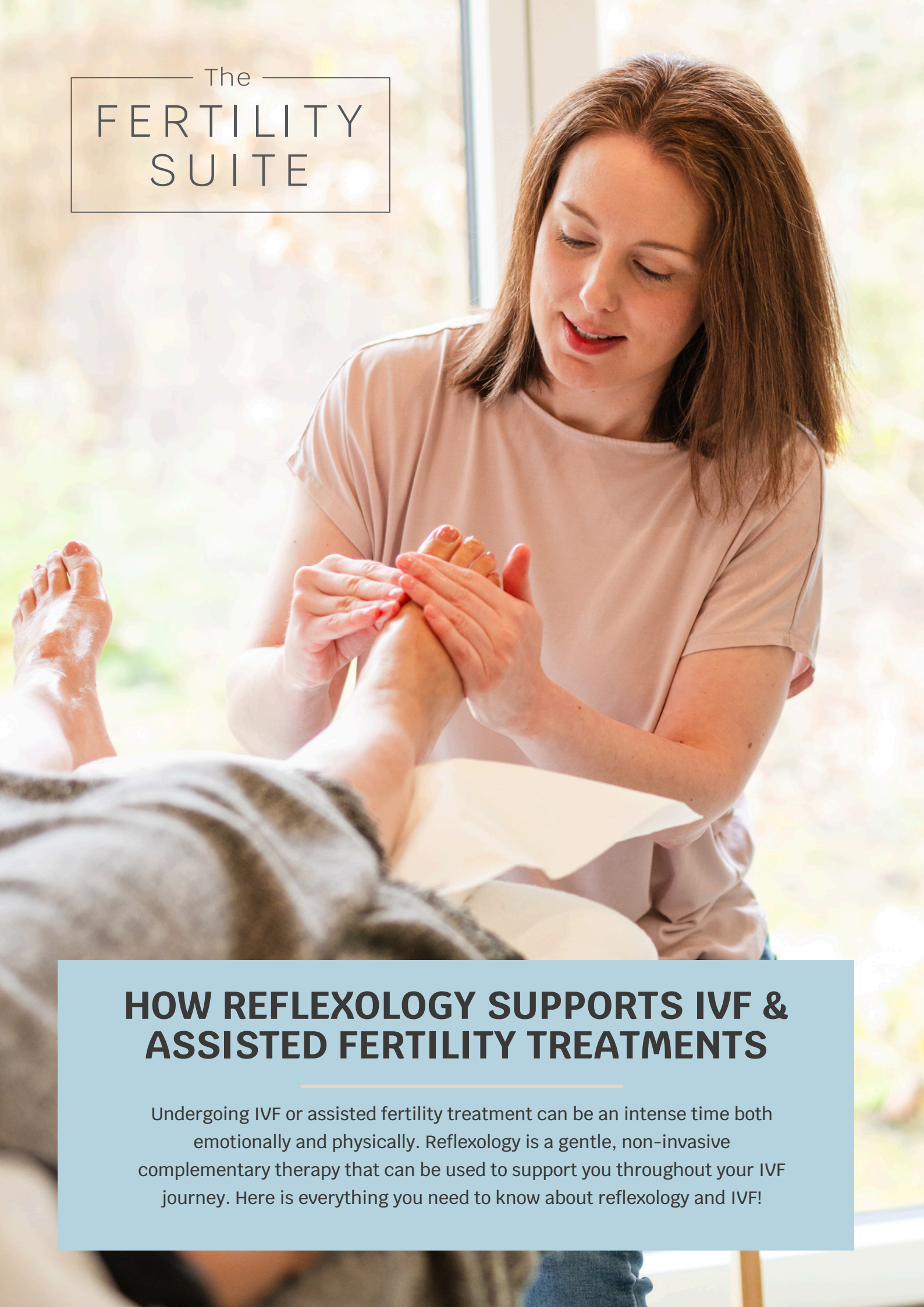


The FERTILITY SUITE

HOW REFLEXOLOGY SUPPORTS IVF & ASSISTED FERTILITY TREATMENTS

Undergoing IVF or assisted fertility treatment can be an intense time both emotionally and physically. Reflexology is a gentle, non-invasive complementary therapy that can be used to support you throughout your IVF journey. Here is everything you need to know about reflexology and IVF!

EASING COMMON SIDE EFFECTS OF IVF

IVF medications and procedures can sometimes leave you feeling bloated, tired and anxious. Reflexology can help ease these side effects by improving circulation, supporting the body's natural healing processes and deeply calming the nervous system.
Treatments can be tailored to focus on specific areas, for example, working on the reflexes of the digestion system for those who are experiencing bloating or constipation, the most common side effects of IVF medications, to ease this discomfort.





CREATING A CALMING RITUAL

The IVF process can sometimes feel like a whirlwind of information, decisions, and emotions. Reflexology provides a safe, quiet environment where you can switch off from daily stressors and reconnect with your body in a positive way. We also understand how overwhelming it can be and a listening ear throughout the cycle can be a welcome addition.
Building a regular reflexology appointment into your IVF schedule can give you something consistent to look forward to and help you to emotionally process each step.

SUPPORTING SLEEP & RELAXATION FOR HORMONE BALANCE

Good-quality sleep is one of the most important foundations for emotional and physical wellbeing. Yet during IVF, with all the appointments, medications and emotions, restful sleep can sometimes feel hard to come by.
Reflexology helps to guide the body out of “fight or flight” mode into a state of deep relaxation and quieten the mind, or “rest and digest” as we call it. Many women fall asleep during the session and leave feeling lighter and calmer, often noticing that their sleep is deeper and more restorative in the following nights.



WHEN TO COME FOR REFLEXOLOGY

Key times to come for a reflexology treatment are:

- During down regulation
- During your bleed
- Throughout the stimulation phase
- Post embryo transfer

WORKING ALONGSIDE YOUR MEDICAL TEAM

Reflexology can be safely included alongside IVF treatment. Our reflexologist, Emma Harding, has completed advanced training in reproductive reflexology and follows treatment protocols specifically designed to support assisted fertility treatments and IVF. Reflexology can also be used alongside acupuncture with IVF, the two therapies complement each other rather than working against each other.
Sessions are always adapted to suit your comfort, stage of treatment and any guidance given by your medical team

GENTLE SELF-HELP REFLEX POINTS

Between sessions, you may like to try gentle pressure on these reflex points to help ease tension:

- Solar Plexus Reflex – Located in the centre of the ball of the foot, associated with calming the nervous system.
- Head/Brain Reflex – Found on the tips of the toes, to support mental clarity.
- Spinal Reflex – Runs along the inside edge of the foot, linked to posture and overall relaxation.

Apply light pressure for a few seconds, then release. Repeat on both feet.

