

OCTOBER 2022, ISSUE 133

# INSIGHT

WTC COMMUNITY WEEKLY



*Tune In!*



presents:

## Massage & Reflexology

Instagram Live with Serene's co founder  
Sharon Christina



Monday, 24 October 2022  
10.30 am - 11.30 am

Win 5 treatment vouchers  
during Q&A  
See you soon @wtc.jakarta!

## Massage & Reflexology

What do you like to do after an exhausting day?

The most common answer would be sleep.

But do you know there are tricks to reach a better quality of sleep?

Hot bath, soothing music, not-so-full stomach, comfy room temperature, dimmed lights. And guess what? A good, long massage.

Massage is one of the oldest healing traditions in the world. It refers to rubbing and kneading of muscles and joints of the body, especially to relieve tension or pain. For relaxation, massage should generally last 60 minutes.

The shorter version would be reflexology, an alternative medical practice based on the theory that feet and hands are connected to certain organs and body system. It is a type of massage that involves the application of pressure to specific points on those parts. A treatment session usually lasts for 30 minutes.

If you want to know more about the differences of the two and how they can affect your health, join in on our Instagram Live with Serene Reflexology this coming Monday. Follow @wtc.jakarta for more info.

Yours truly,  
the community editor