

Therapeutic Message and Reflexology in Ancient Egypt (Alternative Treatment)

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The Ancient Egyptians were the first to know therapeutic message and reflexology. Also they were the first to codify and study essential oils and their therapeutic benefits. They knew beautiful perfumes and fragrant incense for personal and ritual use to develop massage and reflexology as therapeutic tools. God Nefertum could reasonably be considered the world's first aromatherapist and Goddess Isis was reputed to have used therapeutic massage as a cure for a number of ailments.

Therapeutic Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process, and promote relaxation and well-being in other words; message is the application of diverse manual techniques of touch and stroking to muscles and soft tissue to achieve relaxation and to improve the patient well-being.

Reflexology is the practice of applying pressure to the feet and hands utilizing specific thumb, finger and hand techniques without the use of oil, cream or lotion based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change in the body.

The aims of this current study are: - 1- To put a spotlight on message in ancient Egypt as an alternative treatment. 2- To clarify the benefits of message on the patient. 3- To put a spotlight on types of massage therapies. 4- To highlight reflexology in ancient Egypt. 5- To represent the types of aroma which were used by ancient Egyptians to develop massage and reflexology as therapeutic tools

To achieve that the author based this research on references, periodicals and describing the scenes of message and reflexology carving on the walls of the ancient Egyptian Monuments as well as interpreting the information gathered from literature.

The results obtained revealed that the ancient Egyptians were very civilized and progressed people not only in architecture, art, astronomy but also in medicine even alternative medicine or alternative treatment such as therapeutic message and reflexology. There are physical and non physical benefits of therapeutic message and reflexology.

Keywords:

Message, Therapeutic Message, Reflexology, Ancient Egypt, Alternative Treatment, Aromatherapy.