



COURTESY OF BASTYR UNIVERSITY

Try This DIY Reflexology

Give your feet a massage while improving digestion, stamina and energy at Bastyr University's traditional reflexology healing path. The 64-foot path was the first such public path in the United States, and has been open since 2004. These traditional paths are found throughout Asia, and feature rocks in a variety of patterns specifically placed according to reflexology guidelines. Although first-time users might experience sore feet, they might also experience positive effects in other areas of the body. The path is located behind Bastyr's campus at 14500 Juanita Drive N.E., Kenmore, in the Medicinal Herb Garden and is open to the public.