

# Problems at her fingertips

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Story by PREMA MARTINA

PETITE, she may be, but Geraldine Tay has probably got more men off their feet than Muhammad Ali. And unlike the legendary boxer, she only uses her fingertips to knock 'em out, and they usually feel much better for it, too.

For Mrs Tay, 40, is a foot reflexologist, and her fingers massage away many an ache and pain.

Reflexology, also known as acupressure, is the massage of reflex zones on one's feet (or hands and legs too), each of which is believed to relate to a particular organ or part of the body.

Practitioners of this ancient art believe that through the proper stimulation of the reflex areas of the foot, a treatment for many ailments can be effected.

Mrs Tay stumbled upon reflexology almost by accident. Post-natal problems soon after her first child sent her on a search to find a cure for her ailments. She started to suffer from depression, and her once flawless complexion broke out in pimples.

"Even my sex life was affected. But like many women, I was embarrassed to talk about these problems. I suffered in silence but after my second child the problems grew even worse. I broke out in pimples and acne and even my personality changed.

"From an active outgoing person, I became an introvert who was constantly falling into a depression. I consulted a number of doctors and skin specialists, but to no avail. Some of the doctors even suggested that I seek psychiatric help!"

She decided, instead, to go to the United States for a holiday and while there stumbled upon the *Jeneal International Skin Correction Centre* who used foot reflexology as part of their treatment.

The treatment not only worked for her but aroused her curiosity in the ancient art. On her return from the US she went to Taiwan where she pursued a course at the Institute for Rho-Shr Health in Taipei.

"I then decided to open a health centre here, using the same techniques," she said.



Foot reflexologist expert Mrs Geraldine Tay showing where the stress point is as she massages a client's foot

Today, it is Mrs Tay's dearest wish to help others. "I am not in this business to make money, but to help others who have not been able to find a suitable cure for their ailments," she stressed.

Married to a prominent businessman, she considers herself very lucky that she was able to find a cure for her ailments.

"I am a very fortunate person. Not only did my husband stand by me during all my problems, but we also had the finances to see me through this bleak period.

"Many people would not have been able to do this. I know how I suffered and I don't want anyone else to go through what I've

been...not if I can help it," she said.

For Mrs Tay, it doesn't seem to matter whose feet (or even the condition of them), she has on her lap, atop her designer dress! She treats them all alike.

Her deft and sensitive fingers are quick to feel the "deposits of toxin" at the end of each nerve.

"Sometimes, they feel like grains of sand and sometimes they are lumps like little pebbles," she explained as she massaged a client's foot.

Try as I did, I could not feel a single lump at the bottom of my feet although she had correctly diagnosed a couple of my ailments.

"You must understand that I have massaged over a few thousand feet," she laughed.

Born in Singapore, she had her early education at a local Catholic missionary school, did a degree in Economics at the Nanyang University and won a scholarship to do her Masters degree at the University of Alberta in Canada.

It was in Canada that she met her husband and returned to Malaysia to help him with his family business.

Although she has other business interests, besides the foot reflexology business, she still manages to spend time with her three children aged 11, 6 and eight months.

Besides her family and many business interests, Mrs Tay also promotes traditional Chinese dancing. A keen dancer herself, (she learnt ballet as a child before she switched to traditional Chinese dancing), she has choreographed a number of Chinese plays and dances, especially for her husband's annual company dinner.

How does she manage to get through the day with so many activities?

"Foot reflexology," she said immediately. "It helps to get my body's system in order. And believe me, once your body is in order, you can handle almost anything," she said.

Mrs Tay can be contacted at *Jeneal International Skin Correction Centre, 1-11, Wilayah Shopping Centre, Kuala Lumpur. Tel: 03-2915279.*