

**PROPOSED NEW DESIGN FOR REFLEXOLOGY
CENTRE
AT
LOT 201 A, 201 B, 201 C, LEVEL 2
SURIA KUALA LUMPUR CITY CENTRE,
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ABSTRACT

The ancient healing art of reflexology has been known to man for thousands of year. It was first practiced by the early Egyptians, Chinese and Indian peoples. Throughout history, cultures have created therapeutic practices of footwork and this can be seen from depictions in relics, including a pictograph from the tomb of a physician in Egypt dating from 2350 B.C.

The word “centre” in net dictionary is a building or space that dedicated to a particular activity. In other word centre means a place where some particular activity is concentrated or an area that is approximately centre within some larger region.

In today’s lifestyle, stress can aware you down. A health body and soul mind is vital assets in preventing illness. At 3R Reflexology Centre, they like to share with the world their philosophy on the key of good health that is REST, RELAX and REFLEX.

Feet tell use stories with their sensitivities as to which organs or systems are out of balance. The treatment is diagnostic and a powerful tool in healing. It is particularly helpful in reducing stress in hormonal problems, headaches, sinus and ear problem, back, digester, immune, sleep, circulatory and nervous system disorders.



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Abstract

Appreciation

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CHAPTER 1 (INTRODUCTION)

1.1 Project Introduction

REFLEXOLOGY CENTRE is one of the health project that have been manage by 3R CORPORATION Sdn. Bhd. The main objective of this project is to awaken the society how important health in our life. Along with the company mission to bring a good life-style for the society, 3R CORPORATION known as one of the reflexology centre that provide a high standard of treatment to their customer.

In the world of modernization, society does care more on how important health in life, the main excuse or reason why they don't exercise is they have short of time in daily routine. With the development of research today, 3R CORPORATION is opening one stop reflexology centre to help people who didn't have a lot of time to themselves.

Referring to company motto: rest, relax and reflex, 3R CORPORATION provide a treatment that can give big impact to our life style. Following from the company motto rest in reflexology contact is release yourselves from any stress and problem, relax refer to the enjoyable of Zen environment by listening to the music when having a treatment and lastly is reflex that means the benefit that you can get after having a treatment at 3R reflexology centre.