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## Toe Reading

[Shelby Croft](#)

**CBS 5 News**

Work the knots out and get the muscles relaxed, just like any other massage. But book a Scen Tao massage with the spa director at copperwynd and you get a little extra attention for your feet.

"Each toe is indicative of a different aspect or part of your life," Marie Bernat says.

Marie is a licensed massage therapist as well as a certified reflexologist. Through reflexology she learned what's called "toe reading", part of personology. She swears our feet tell all about our personalities.

As Marie looks at her client's foot, she says, "It doesn't mean she gets angry often but when she does, I wouldn't want to be there!"

Marie tells her clients what their feet say about how they handle anger and relationships, how they communicate with others and much more. She says it's all right there in the toes, you just have to know how to read it.

"Now we look at the size, the shape the color, the redness and the directions that the toes point," Marie says.

She says her clients have fun with the reading.

"Most people will say I'm about 98% accurate."

But Marie doesn't think everyone is ready or willing to hear what she has to say. She understands what she perceives as an interesting hobby does have its skeptics.

"Personology is not something you buy for someone as a gift, somebody has to be open to want to experience that."

Today's client, Renee du Plessis, didn't know what to expect. She listened with open ears and came out smiling.

"I thought it was really pretty much right on as much as i really didn't want to believe it," says Renee.

Who would've thought showing off your true personality may be as easy as wearing sandals!



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