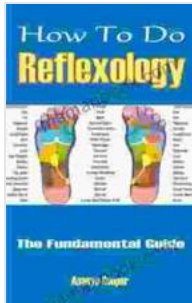


How To Do Reflexology: The Fundamental Guide



How To Do Reflexology: The Fundamental Guide

★★★★★ 5 out of 5

Language	: English
File size	: 3093 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages
Lending	: Enabled



What is Reflexology?

Reflexology is an ancient healing technique that involves applying pressure to specific points on the hands and feet. These points are believed to correspond to different organs and body systems, and by stimulating them, reflexologists can help to improve health and well-being.

Benefits of Reflexology

Reflexology has been shown to have a number of health benefits, including:

- Stress relief and relaxation
- Improved circulation
- Lymphatic drainage

- Pain management
- Improved digestion
- Boosted immunity
- Enhanced sleep quality

How to Do Reflexology

Self-Treatment

If you are new to reflexology, you can try self-treating at home. Here are some tips:

- Choose a comfortable position and make sure you are relaxed.
- Use your thumb or fingers to apply firm pressure to the reflexology points on your hands or feet.
- Hold each point for 1-2 minutes, or until you feel a release of tension.
- You can work on one hand or foot at a time, or you can do both simultaneously.
- Treat yourself to a reflexology session for 15-30 minutes, several times per week.

Professional Reflexology

If you are looking for a more thorough reflexology experience, you can visit a qualified reflexologist. Professional reflexology sessions typically last for 60-90 minutes and involve the use of specialized techniques and equipment.

Reflexology Points on the Hands

The following are some of the most common reflexology points on the hands:

- **Head:** Located at the base of the thumb.
- **Neck:** Located between the thumb and index finger.
- **Chest:** Located in the center of the palm.
- **Abdomen:** Located below the chest.
- **Stomach:** Located in the center of the palm, below the abdomen.
- **Intestines:** Located on either side of the stomach.
- **Kidneys:** Located in the center of the palm, below the intestines.
- **Bladder:** Located at the base of the palm.

Reflexology Points on the Feet

The following are some of the most common reflexology points on the feet:

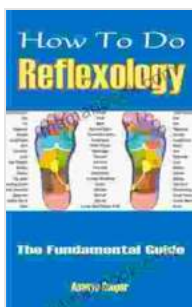
- **Head:** Located at the base of the big toe.
- **Neck:** Located between the big toe and the second toe.
- **Chest:** Located in the center of the foot, below the toes.
- **Abdomen:** Located below the chest.
- **Stomach:** Located in the center of the foot, below the abdomen.
- **Intestines:** Located on either side of the stomach.
- **Kidneys:** Located in the center of the foot, below the intestines.
- **Bladder:** Located at the base of the heel.

Contraindications for Reflexology

Reflexology is generally safe for most people, however, there are some contraindications to consider, including:

- Pregnancy
- Deep vein thrombosis
- Open wounds or infections
- Severe foot or hand injuries

Reflexology is a safe and effective way to improve your health and well-being. Whether you choose to self-treat or visit a professional reflexologist, the benefits of this ancient healing technique are undeniable.



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