

Reflexology Introduction Guide

This playbook outlines the basics of reflexology, focusing on its foundational concepts and the significance of pressure points in promoting health through the feet, hands, and ears.

Step 1: **Understanding Reflexology**

Familiarize yourself with the principle that reflexology is a complementary therapy where pressure is applied to specific reflex points on the feet, hands, and ears. This is believed to correspond to different organs and systems of the body.

Step 2: **Identifying Pressure Points**

Learn about the reflex map of the human body that illustrates how certain points on the feet, hands, and ears are linked to other parts of the body. Obtain a reflexology chart that depicts these connections.

Step 3: **Techniques and Methods**

Study the various techniques such as thumb and finger walking, hook & backup, and rotation on a point used to apply pressure on these reflex points. Each technique can be used to stimulate the reflex points and promote health.

Step 4: **Health Benefits**

Research and understand the potential health benefits of reflexology, which may include stress reduction, pain relief, improved circulation, and support for overall well-being.

General Notes

Certification

Consider obtaining a certification if you wish to practice reflexology professionally. Certification requirements vary by location and institution.

Precautions

Be aware of situations where reflexology should be avoided, such as in cases of foot injuries, recent surgery, or certain cardiovascular conditions.