

hand reflexology massage techniques pdf

Hand Reflexology Taken from the Reflexology Manual by Pauline Wills Hand chart 1 2 Pressure point techniques Thumb walking Finger walking Sliding Massage technique Stroking 3 Start at the wrists and work down towards the fingers. The treatment Start with the right hand and rotate the wrist.

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N201 - Hand Reflexology Course - History and Theory of Hand Reflexology Chapter 1 - Page 3 Theory of Reflexology H and Reflexology Hand Reflexology shares the same theory and benefits as Foot Reflexology in the N101 Foot Reflexology course. What Is Reflexology? Reflexology is a focussed pressure technique, usually directed at the feet or hands. It

History and Theory of Hand Reflexology

Creams and Oils are only used in reflexology for massage relaxation techniques. They make it too slippery to use techniques properly. Oils are great for doing relaxation exercises on hands at the end of a treatment as a massage, or at the end of a foot reflexology session #4. Talcum/ baby powder is best for doing reflexology on the feet and hands

How To Do Reflexology techniques and instructions

The International Institute of Reflexology Mildred Carter - Foot/Hand Reflexology Laura Norman - Foot Reflexology Branch Reflexology Institute - Foot & Hand Charts Note: Charts may vary but it's always nice to have several as reference. The main organ reflexes are generally similar.

REFLEXOLOGY - images.template.net

Reflexology Chart Templates " 9+ Free PDF Documents Download Reflexology is a branch of alternate medicine or the science of using the various pressure points in our body to relive stress or pain. There are several reflex or pressure centers in our body like a particular thumb or finger, or hand and reflexology stimulates them using any external materials like lotions and oils.

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Want to incorporate some basic reflexology techniques into your massage routine? This is my approach, and it doesn't require any special knowledge of meridians, organs, etc.

Massage Tutorial: Reflexology basics, techniques, & routine

Reflexology massage chart shows you the acupressure points which corresponds to specific body parts and cures the disease. Go through the various templates available in numerous formats like PSD, PDF, MS Word and many more.

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Massage is to work and act on the body with pressure. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. Massage - Wikipedia Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand ...

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