

# REFLEXOLOGY ON THE FEET

Presented by Mary Catherine  
for the Royale Coach Club

# WHAT IS REFLEXOLOGY?



- ◉ Reflexology is an ancient Chinese technique that uses pressure-point massage (usually on the feet, but also on the hands and ears) to restore the flow of energy throughout the entire body.
- ◉ It is based on the premise that there are reflexes (involuntary response to a stimulus) in our hands, feet and ears that relate to every organ and part of our body.
- ◉ By stimulating these reflexes with pressure and massage, nerve function and blood supply can improve, which may alleviate stress and other health problems.

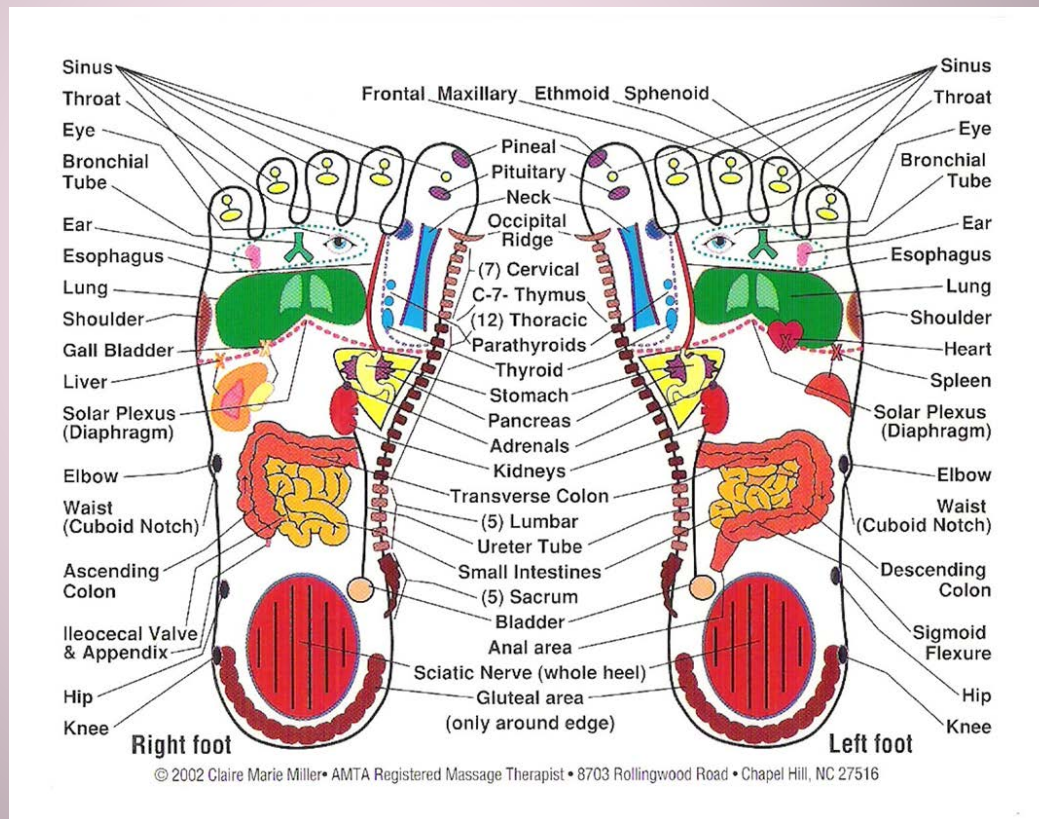
# WHAT IS REFLEXOLOGY?

- ◉ Reflexology is based on the belief that each part of the body is interconnected through the nervous system to the hands and feet.
- ◉ Stimulating specific reflex points in the feet can bring needed nutrients to poorly functioning areas of the body allowing the whole body to balance.
- ◉ Massaging in gentle circular strokes or direct pressure will break up crystal-like deposits around the reflex points.
- ◉ By applying pressure to specific points on the foot the body will naturally begin to heal itself.

# WHAT IS REFLEXOLOGY?

The foot is divided into different points which directly correlate to another body system or organ.

By applying pressure to specific points on the foot, the body will naturally begin to heal itself.

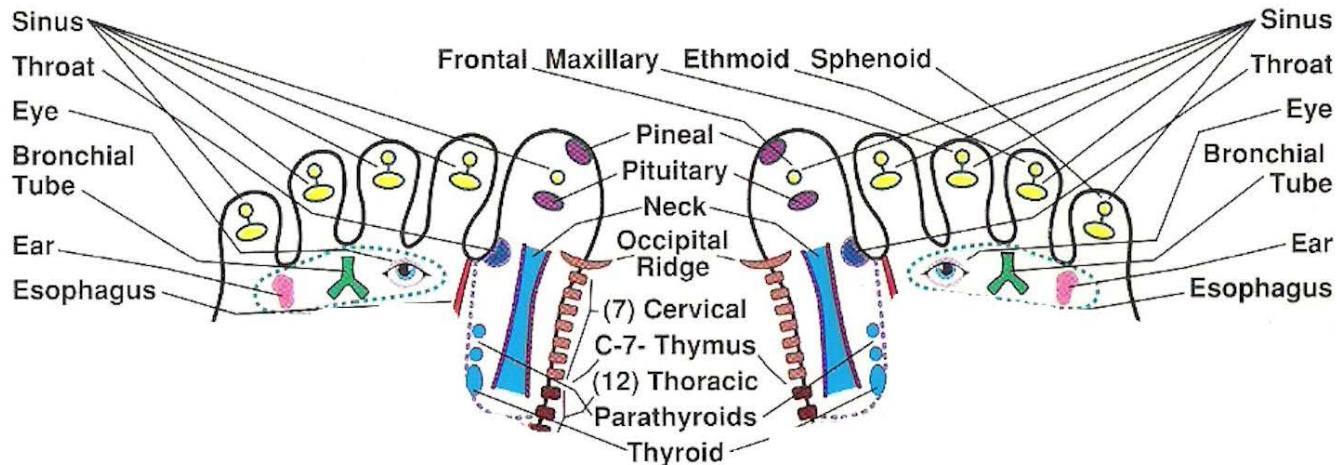




# THE PROCESS - BEGINNING

- ◉ 1. Lymph - drain lymph stimulation point. This is located between the great toe and the 2<sup>nd</sup> toe. Direct the stroke toward the heart.
- ◉ 2. Toes - Rotate and milk each toe. Feel the quality of each toe. Apply a gentle traction to each toe. Iron up the four corners of each toe. Move slowly and release the crystals.

# ZONE 1

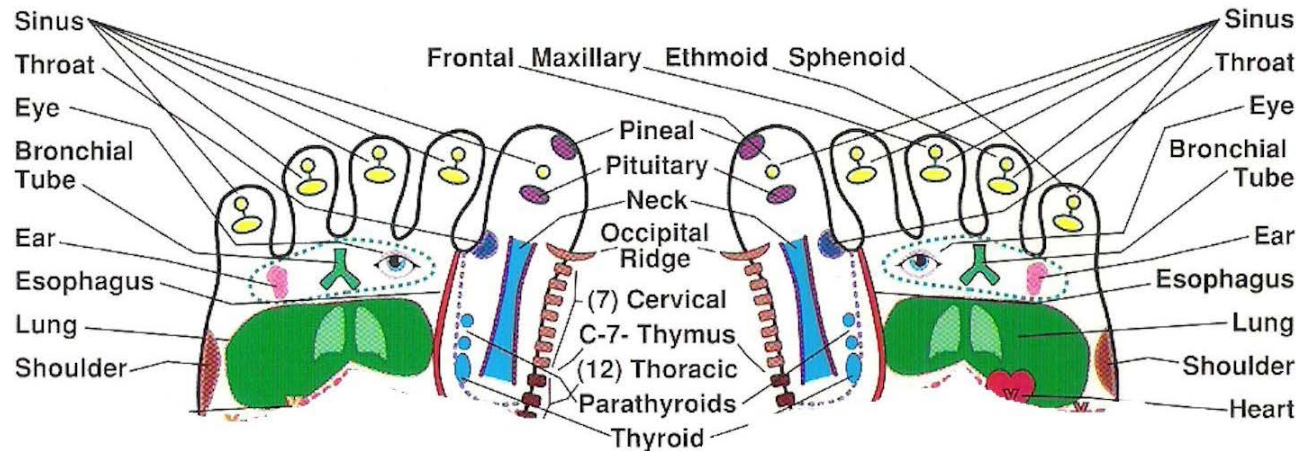


- |                    |                     |
|--------------------|---------------------|
| 3. Pineal Gland    | 8. Shoulders        |
| 4. Pituitary Gland | 9. Ear              |
| 5. Sinuses         | 10. Bronchial tubes |
| 6. Throat          | 11. Eyes            |
| 7. Neck            | 12. Thyroid reflex  |

**Right foot**

**Left foot**

# ZONE 2



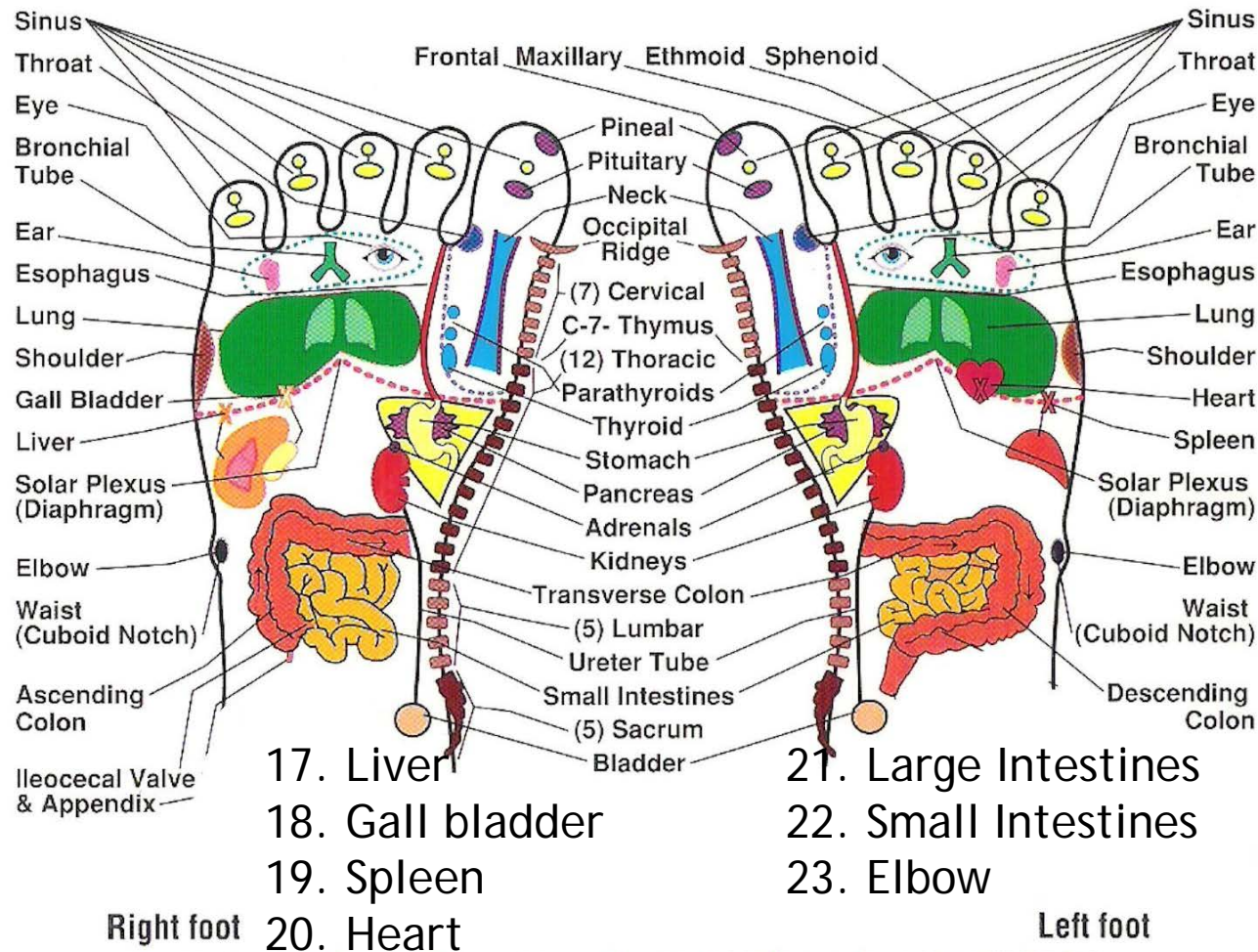
- 13. Esophagus & Stomach
- 14. Pancreas
- 15. Lungs & Bronchioles
- 16. Solar Plexus

**Right foot**

**Left foot**

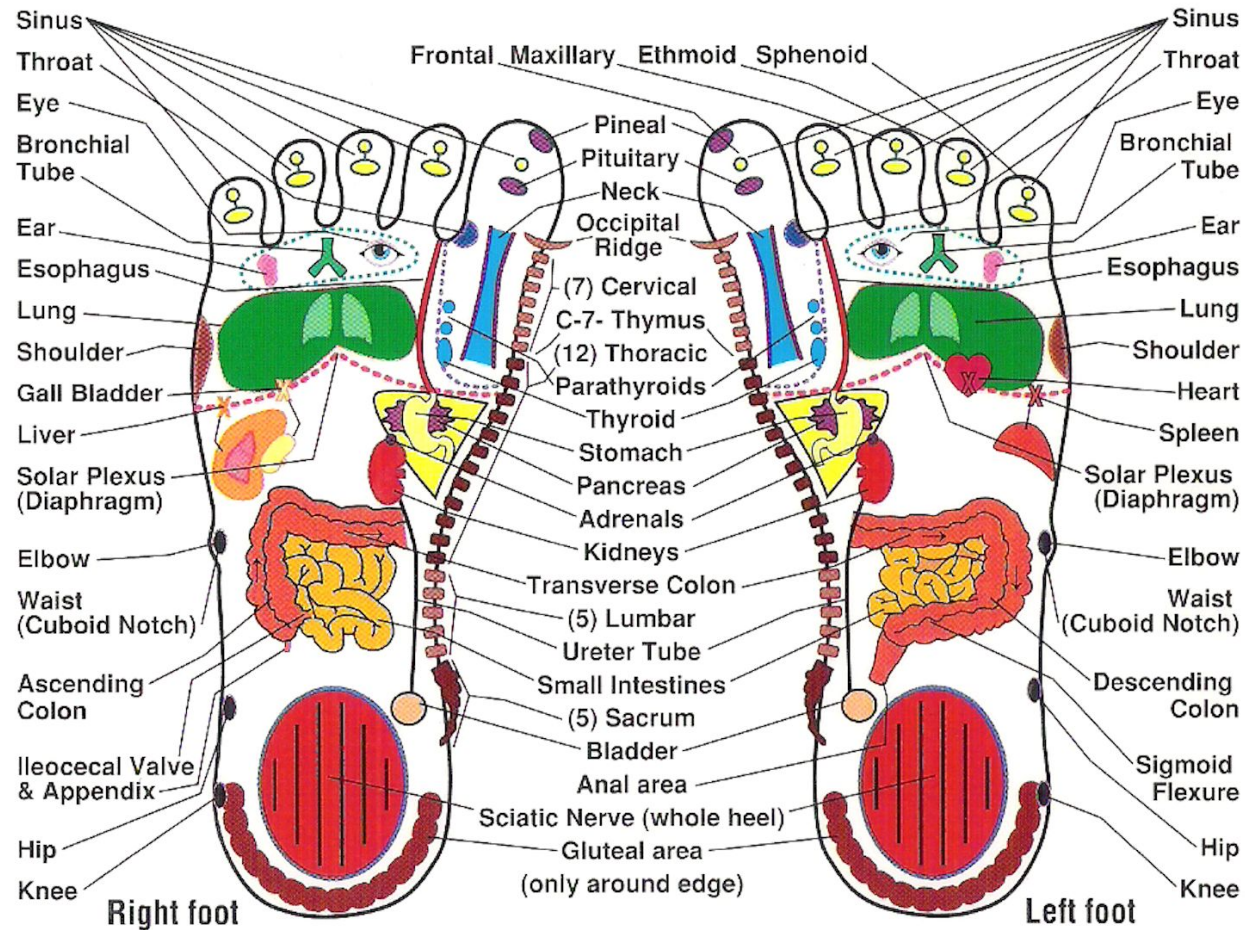


# ZONE 3





# ZONE 4



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24. Hip

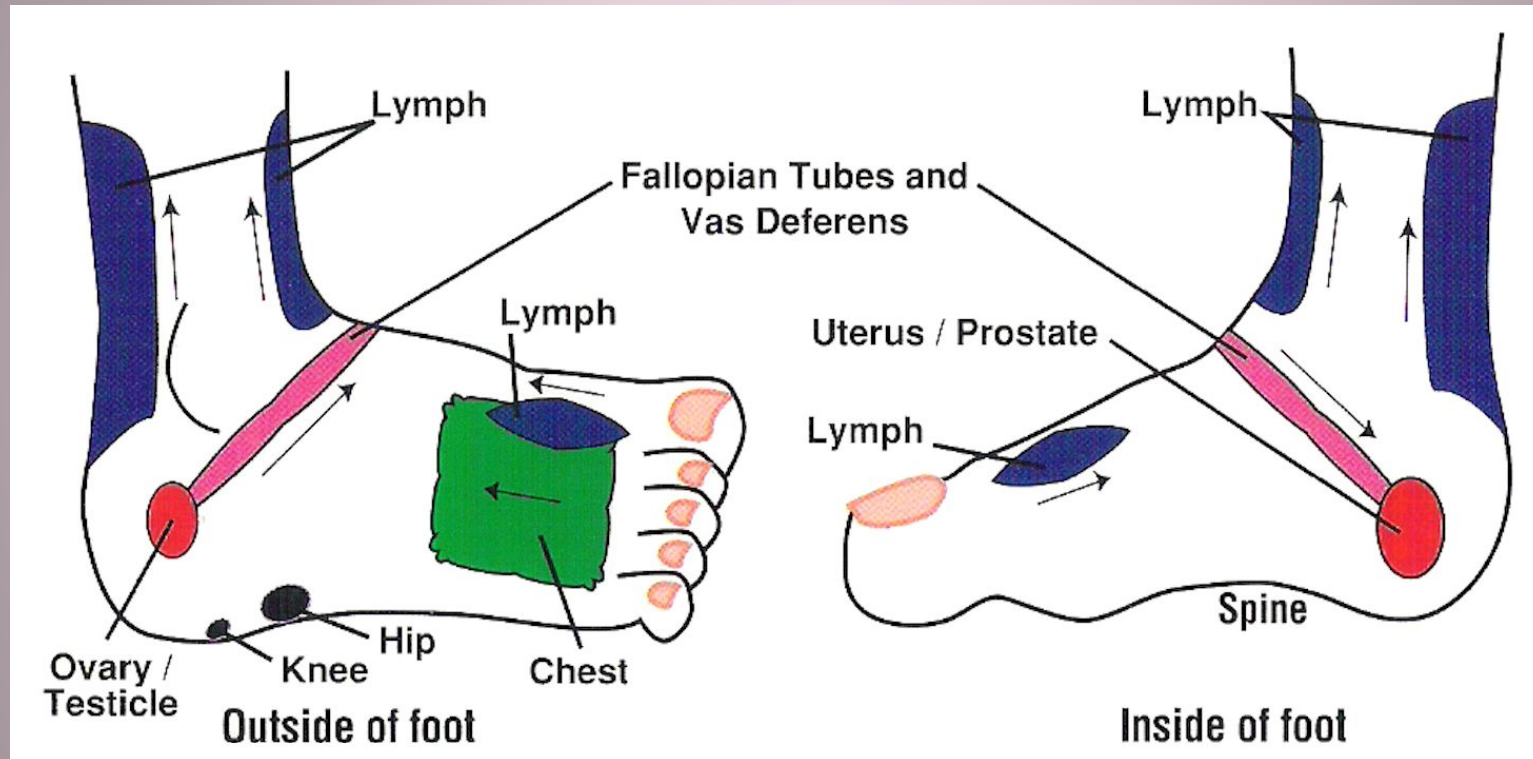
25. Knee

26. Sciatic Nerve

27. Gluteal Muscles

28. Spine

# TOP OF FOOT POINTS



29. Chest & Breast Area

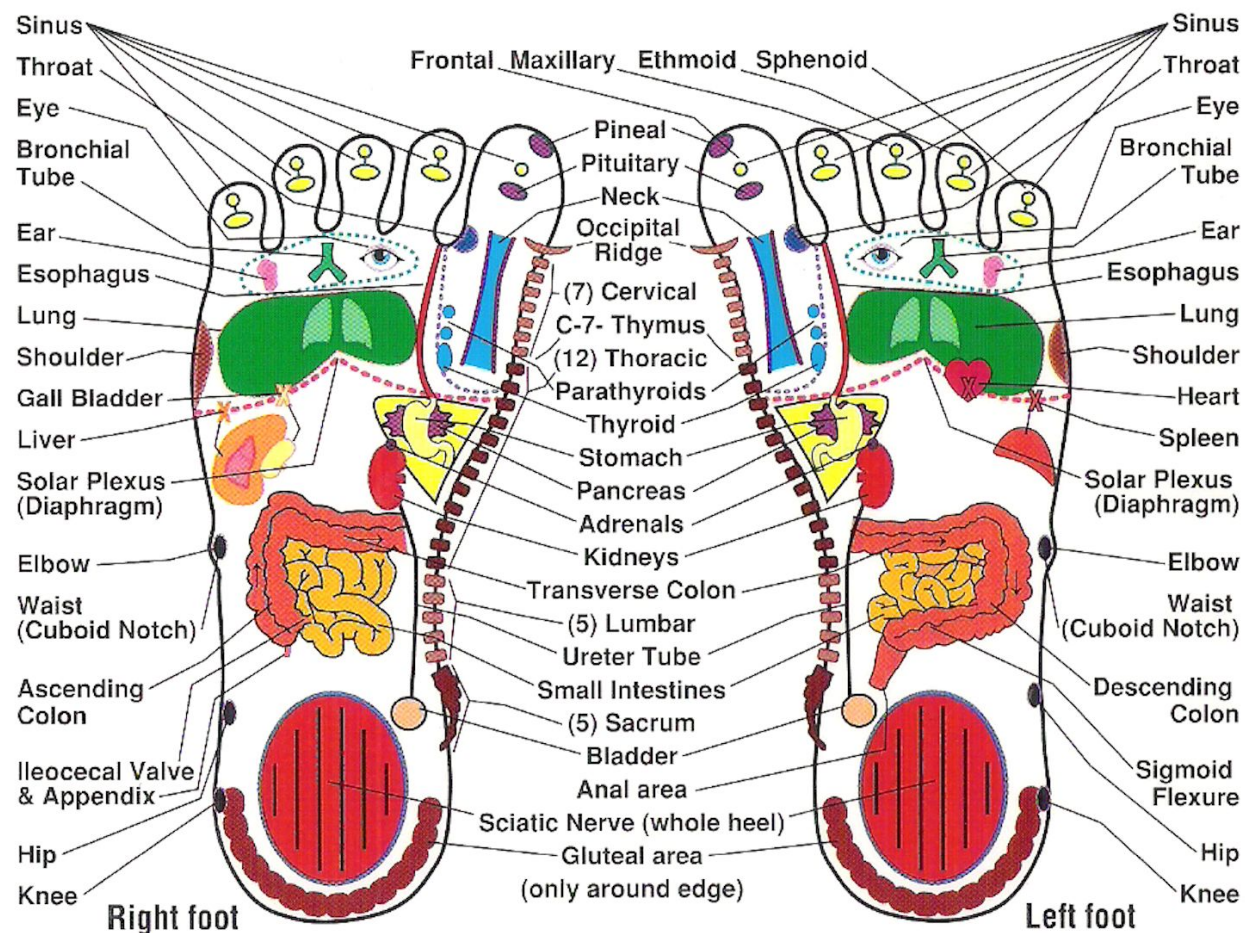
30. Reproductive Points

31. Lymphatics

32. Ankles



# BOTTOM OF FOOT



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33. Kidneys

34. Adrenal Glands

35. Ureters & Bladder

# FINISHING

- ◉ Squeeze and massage both feet.
- ◉ Hold the 2 polarity points: solar plexus & sacrum
- ◉ End with several deep breaths inhaling through the nose and exhaling through the mouth.
- ◉ Remember to always drink plenty of water during the next 24 hours.