

Hand Reflexology Routine

Preparation

Cleanse your hands and apply the medium.

Relaxation Techniques

1. Rotate the wrist, and bring it gently backwards and forwards

Head/Brain

2. Circle & stretch the fingers
3. Rotate at the tip of each finger and thumb walk or thumb rotate down the fingers.
4. Rotate on the pituitary.
5. Rotate on the hypothalamus.
6. Thumb walk on the eye and ear reflexes (below 1st, 2nd and 3rd fingers.
7. Finger rotate on the face.

Lungs & Heart

8. Lung press.
9. Lung stretch.
10. Sole Mover.
11. Finger rotate/circles on the heart/lung area.

Diaphragm

12. Thumb walk or rotate across the diaphragm.
13. Rotate on the solar plexus.

Upper Digestive area (middle of palm)

14. Hand Sandwich.
15. Kneading with flat of knuckles.
16. Thumb rotate on the upper digestive area.
17. Knuckle the lower digestive area.

Urinary System

18. Rotate on the kidney (in the centre of the thenar muscle)
19. Thumb walk down the ureter to the bladder.
20. Rotate on the bladder.

Reproductive/Lower Lymphatics (wrist)

21. Effleurage
22. Hand Sandwich.
23. Rotate on the Ovaries/Testes.
24. Thumb walk across the Fallopian Tube/Vas Deferens/Lower Lymphatics.
25. Rotate on the Uterus/Prostate.

Spine (starts at the base of the thumbnail and ends at the thumb crease on the little finger side)

26. Thumb walk or thumb rotate up and down the spine.

Shoulder/arm and knee

27. Rotate on the shoulder/arm just below the little finger on the front and the back of the hand.
28. Effleurage