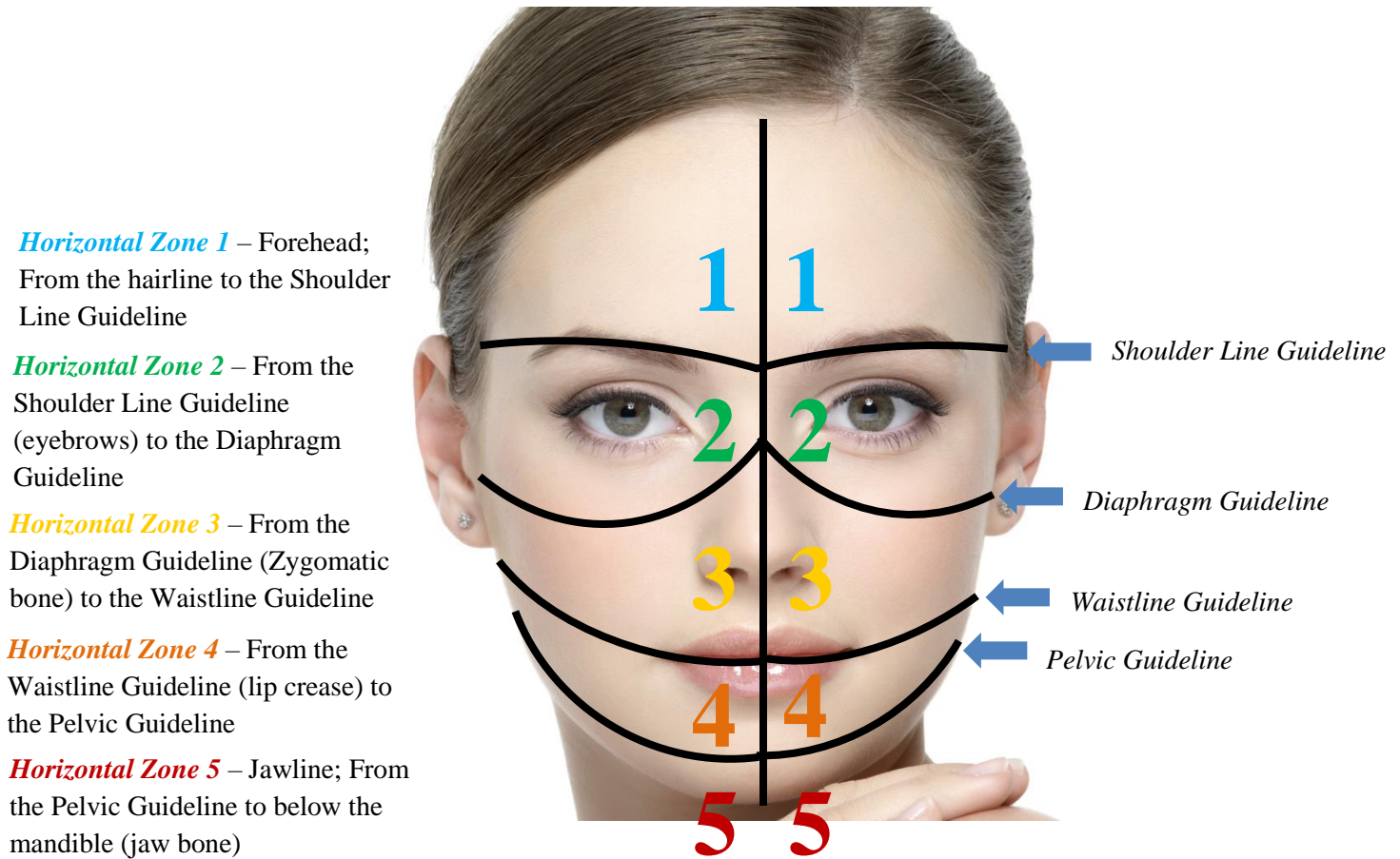


Mapping the Face



Horizontal Zone 1 (Reflexes) – Brain, Skull, Sinus, Eyes*, Teeth, Jaw, Ears*, Thyroid, Muscles of the Head and Face, Cervical Spine

Horizontal Zone 2 (Reflexes) – Shoulder, Lung, Heart (more left side), Ribs, Thymus, Arm*, Diaphragm (technically on the Diaphragm Guideline), Lymph Drainage, Thoracic Spine

Horizontal Zone 3 (Reflexes) – Liver (right only), Gallbladder (right only), Pancreas (more left side), Stomach (left only), Spleen (left only), Adrenal, Upper Half of Kidneys, Solar Plexus (technically on Diaphragm Guideline), Thoracic Spine

Horizontal Zone 4 (Reflexes) – Large Intestine (ascending and half of transverse on right side; descending, sigmoid and half of transverse on left side), Small Intestine, Ureters, Bladder, Reproductive, Lower Half of Kidney, Lymph Drainage, Hip/Knee/Leg, Lumbar Spine

Horizontal Zone 5 (Reflexes) – Sciatic Nerve, Sacral/Coccyx, Legs/Low Body

* = Depending on which map you look at, the location of these reflexes might be different. Ultimately, Reflexology is not a press-reflex-fix-issue modality so if you are in the general vicinity of the zone the body will respond accordingly because it knows what you are trying to accomplish.