

Mapping the Feet

Horizontal Zone 1 – From the pads of the toes to the Shoulder Line Guideline

Horizontal Zone 2 – The ball of the foot; From the Shoulder Line Guideline to the Diaphragm Guideline

Horizontal Zone 3 – From the Diaphragm Guideline to the Waistline Guideline

Horizontal Zone 4 – From the Waistline Guideline to the Pelvic Guideline

Horizontal Zone 5 – From the Pelvic Guideline to the proximal edge of the heel where the Achilles' Tendon inserts



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 foot), Gallbladder (right foot), Pancreas (more left foot), Stomach (left foot), Spleen (left foot), Adrenal, Upper Half of Kidney, Solar Plexus (technically on Diaphragm Guideline), Thoracic Spine

Horizontal Zone 4 (Reflexes) – Large Intestine (ascending and half of transverse on right foot; descending, sigmoid and half of transverse on left foot), Small Intestine, Ureters, Bladder, Reproductive (either side of ankle), 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.