

Self-Reflexology Ear Routine

Each Reflexology technique is traditionally performed 'dry' (without any kind of creams/oils), however if you choose to use any kind of lubricants please use moderation as the slippage created will decrease the effectiveness of nerve stimulation and may also put excess stress on your hands.

Begin with the Right Ear

First Reflex Area: *Spinal Reflexes* (around the ear)

With the right index finger, starting just inside the lobe of the ear, use an alternating pressure to trace around the periphery of the ear three times.

Second Reflex Area: *Head & Neck Reflexes* (crest)

Using a pincer technique, with the thumb on the front of the ear and the index finger on the back, use a squeeze-release pressure to walk from the inside of the crest of the ear to the outside of the crest of the ear (Horizontal Zone 1) three times.

Third Reflex Area: *Chest & Lung Reflexes* (triangular notch)

Using a pincer technique, with the thumb on the front of the ear and the index finger on the back, use a squeeze-release pressure to walk from the inside of the triangular notch of the ear to the outside of the ear (Horizontal Zone 2) three times.

Fourth Reflex Area: *Upper Digestive Reflexes* (cymba concha)

Start by placing your index finger into the upper cave of the ear below the triangular notch of Horizontal Zone 2. Use an alternating pressure to walk the first part of Horizontal Zone 3 in the ear. Once you reach the half way point your thumb can come to the back of the ear to form the original pincer technique and you can walk the rest of Horizontal Zone 3 with that technique, repeat this a total of three times.

Fifth Reflex Area: *Lower Digestive Reflexes* (cavum concha)

Start by placing your index finger into the lower cave of the ear just outside the auditory opening (no fingers in ear openings). Using a pincer technique, with the index finger on the front of the ear and the thumb finger on the back, use a squeeze-release pressure to walk from the inside of the lower cave to the outside of the ear (Horizontal Zone 4) three times.

Sixth Reflex Area: *Sciatic Reflexes* (lobe)

Using a pincer technique, with the index finger on the front of the ear and the thumb finger on the back, use a squeeze-release pressure to walk from the inside of the lobe to the outside (Horizontal Zone 5) three times.

~ Repeat the entire routine on the left ear ~

You're Done! Great Job!