

Self-Reflexology Face 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 Side

First Reflex Area: *Head & Neck Reflexes* (forehead)

Imagine Horizontal Zone 1 on this side of the face consisting of 5 vertical columns. With the index and middle fingers of your right hand use an alternating pressure to walk up the forehead (Horizontal Zone 1) from the eyebrow line to the hairline in 5 vertical columns, 3x each column.

Second Reflex Area: *Chest & Lung Reflexes* (eye area)

Use an upward thumb press to trace around the upper orbital ridge three times moving out from the midline of the face, then with the index finger and middle finger trace around the lower orbital ridge three times moving out from the midline of the face. Finish by massaging the temple area on that side.

Third Reflex Area: *Upper Digestive Reflexes* (upper mouth/cheek)

Imagine Horizontal Zone 3 on this side of the face consisting of 3 horizontal rows. With the index and middle finger use an alternating pressure to trace each horizontal row in Horizontal Zone 3 three times for a total of 9 passes moving out from the midline of the face. Do not invade the nose or mouth space, instead work around them.

Fourth Reflex Area: *Lower Digestive Reflexes* (lower mouth)

Imagine Horizontal Zone 4 on this side of the face consisting of 3 horizontal rows. With the index and middle finger use an alternating pressure to trace each horizontal row in Horizontal Zone 4 three times for a total of 9 passes moving out from the midline of the face. Do not invade the mouth space, instead work around it.

Fifth Reflex Area: *Sciatic Reflexes* (jaw)

Here we are walking the upper, middle and underside of the jaw. With the index and middle finger use an alternating pressure to trace the upper and middle sections of the jaw three times each. Then shift to an upward thumb pressure to walk the underside of the jaw three times. This will give you a total of 9 passes.

~ Repeat the entire routine on the left side of the face using the left hand~

You're Done! Great Job!