

Self-Reflexology Foot 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 Foot

Roll the ankle multiple times in both directions in order to facilitate circulation and looseness.

First Reflex Area: *Spinal Reflexes* (medial arch)

Rest the fingers of either hand on the foot in a way that is comfortable for you. Keeping both thumbs bent to protect them, use an alternating pressure to walk up the arch three times.

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

Starting with the little toe and using a three-finger grip with your left hand, gently massage up the toe three times and repeat this same technique with each consecutive toe. After massaging the big toe, use the thumb of the right hand to walk up the pad of the toe with the fingers of the right hand behind the big toe for support. Walk up the pad of the big toe in five vertical columns three times each column for a total of 15 passes (5 vertical columns, 3x each column).

Third Reflex Area: *Chest & Lung Reflexes* (ball of the foot)

Rest the fingers of either hand on the foot in a way that is comfortable to you. Keeping both thumbs bent to protect them, use an alternating pressure to walk up the ball of the foot (Horizontal Zone 2) three times in line with each toe for a total of 15 passes (5 vertical columns, 3x each column).

Fourth Reflex Area: *Upper Digestive Reflexes* (distal arch)

Wrap the fingers around the sides of the foot for leverage. Keeping both thumbs bent to protect them, use an alternating pressure to walk up the distal arch (Horizontal Zone 3) three times in line with each toe for a total of 15 passes (5 vertical columns, 3x each column).

Fifth Reflex Area: *Lower Digestive Reflexes* (proximal arch)

Wrap the fingers around the sides of the foot for leverage. Keeping both thumbs bent to protect them, use an alternating pressure to walk up the proximal arch (Horizontal Zone 4) three times in line with each toe for a total of 15 passes (5 vertical columns, 3x each column).

Sixth Reflex Area: *Sciatic Reflexes* (heel)

Rest the fingers of either hand on the foot in a way that is comfortable to you. Keeping both thumbs bent to protect them, use an alternating pressure to walk up the heel (Horizontal Zone 5) three times in line with each toe for a total of 15 passes (5 vertical columns, 3x each column). This area is naturally thicker so go slow and lighten your pressure if needed, despite the area being thick it can also be more sensitive than you expect.

Finish the routine on the right foot by repeating the ankle roll in both directions for another rush of circulation.

~ Repeat the entire routine on the left foot ~

You're Done! Great Job!