

# Self-Reflexology Hand 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 Hand

Roll the **wrist** (Horizontal Zone 5) multiple times in both directions in order to facilitate circulation and looseness.

### **First Reflex Area:** *Head & Neck Reflexes* (fingers)

Starting with the little finger and using a trigger grip with your left hand, apply the squeeze-release technique up the top/bottom of the finger three times then switch to the right/left sides of the little finger and apply the same squeeze-release technique up the finger three times; this gives you a total of 6 passes (3 top/bottom, 3 right/left). Repeat this technique on each consecutive finger

### **Second Reflex Area:** *Chest & Lung Reflexes* (palmar knuckles)

Wrap the fingers around the back of the hand for leverage. Bring your thumb in close to the palm so you can reach the thumb joint. Keeping the walking thumb bent to protect it, use an alternating pressure to walk up the palmar knuckles (Horizontal Zone 2) three times. Move to each palmar knuckle and walk in line with each finger three times for a total of 15 passes (5 vertical columns, 3x each column).

### **Third Reflex Area:** *Upper Digestive Reflexes* (palmar surface)

Wrap the fingers around the back of the hand for leverage. Keeping the thumb bent to protect it, use an alternating pressure to walk up the palmar surface (Horizontal Zone 3) three times in line with each finger for a total of 15 passes (5 vertical columns, 3x each column).

### **Fourth Reflex Area:** *Lower Digestive Reflexes* (heel of the hand)

Wrap the fingers around the back of the hand for leverage. Keeping the thumb bent to protect it, use an alternating pressure to walk up the heel of the hand (Horizontal Zone 4) three times in line with each finger for a total of 15 passes (5 vertical columns, 3x each column).

Finish the routine on the right hand by rolling the **wrist** (Horizontal Zone 5) multiple times in both directions in order to facilitate circulation and looseness

**~ Repeat the entire routine on the left hand ~**

# You're Done! Great Job!