

# REFLEXOLOGY

## 300-HR TRAINING

### Required Texts:

- Netter's Anatomy Coloring Book
- RAIN Reflexology Manual (updated version available soon)
- Notebook, colored pencils, pens, pencil

### Suggested Texts:

- Netter's Physiology Coloring Book
- Medical terminology text

### Required Props:

- Small sheet sets (at least 8 sets)
- Antigravity chair or massage table
- Wedge and pillow (please note different wedges work best with massage table vs antigravity chair. Most people use triangle wedge for chair and trapezoid shape for table)
  - Blanket
  - Finger strengthener set
  - Foot towels (kitchen rags: thin)
  - Heating pad
  - Everybody Unscented lotion
  - Gloves
  - Everybody hand sanitizer
  - Nail clipper and file
- Seventh generation baby wipes
- Castor oil

[Amazon Link to Purchase](#)

