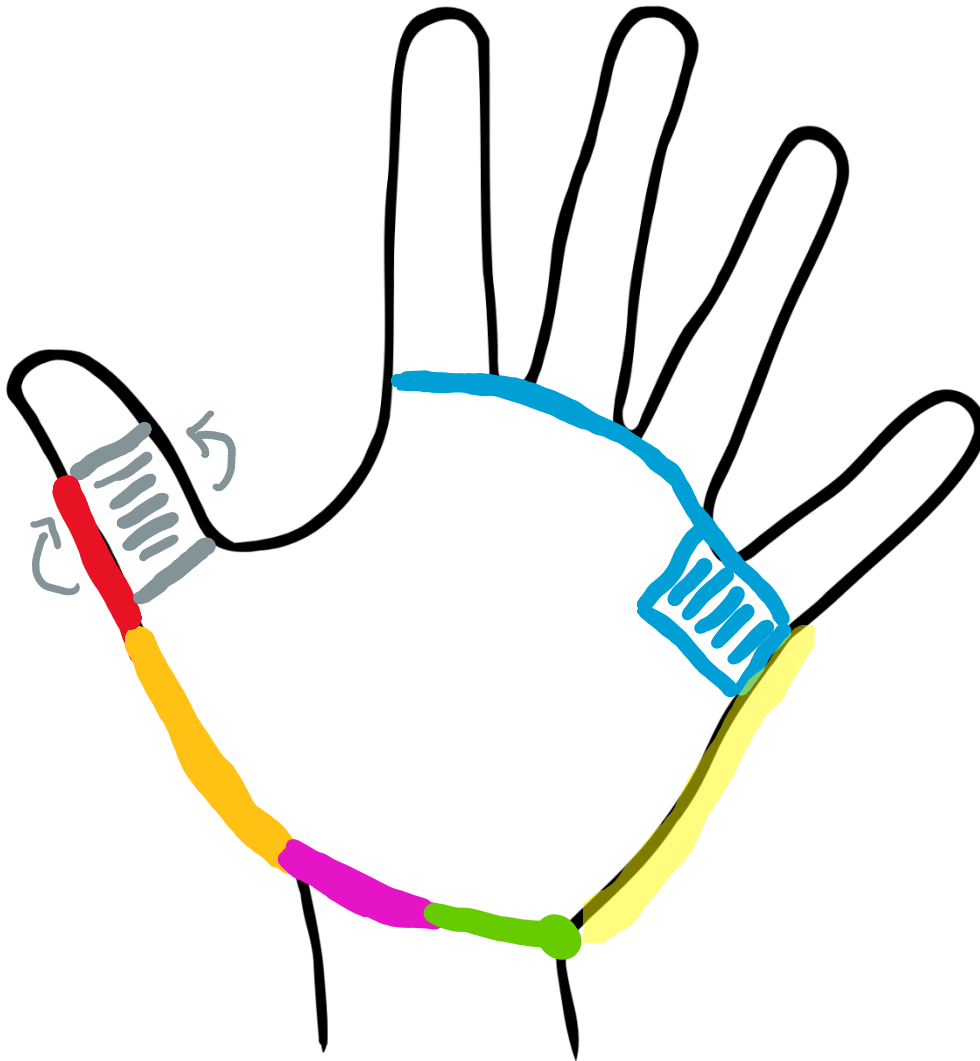


## Hand Reflexology Aftercare, Spine, Neck, Arm, Leg & Shoulders

(Left and right hand)



- **Grey** - Neck area– Caterpillar motion across the full 360 degrees of the thumb as shaded grey on the diagram above. You can also use a gentle rotating motion around the reflex using the thumb and index finger of the other hand.
- **Spine:** **Red** (cervical), **Yellow** (thoracic), **Pink** (lumbar) & **Green** (sacrum & coccyx) Push inwards with the thumb and then rock either side following bony prominent edge. Work in a downwards motion, switching to a caterpillar motion with the index finger when you get to the wrist.
- **Blue** – Shoulder, Trapezius & Deltoid muscles - caterpillar motion to cover the full area
- **Bright Yellow** – Arm and Leg cross reflex - use the outer knuckle of the index finger to do a rotating sweep down the bony edge of the outer hand.