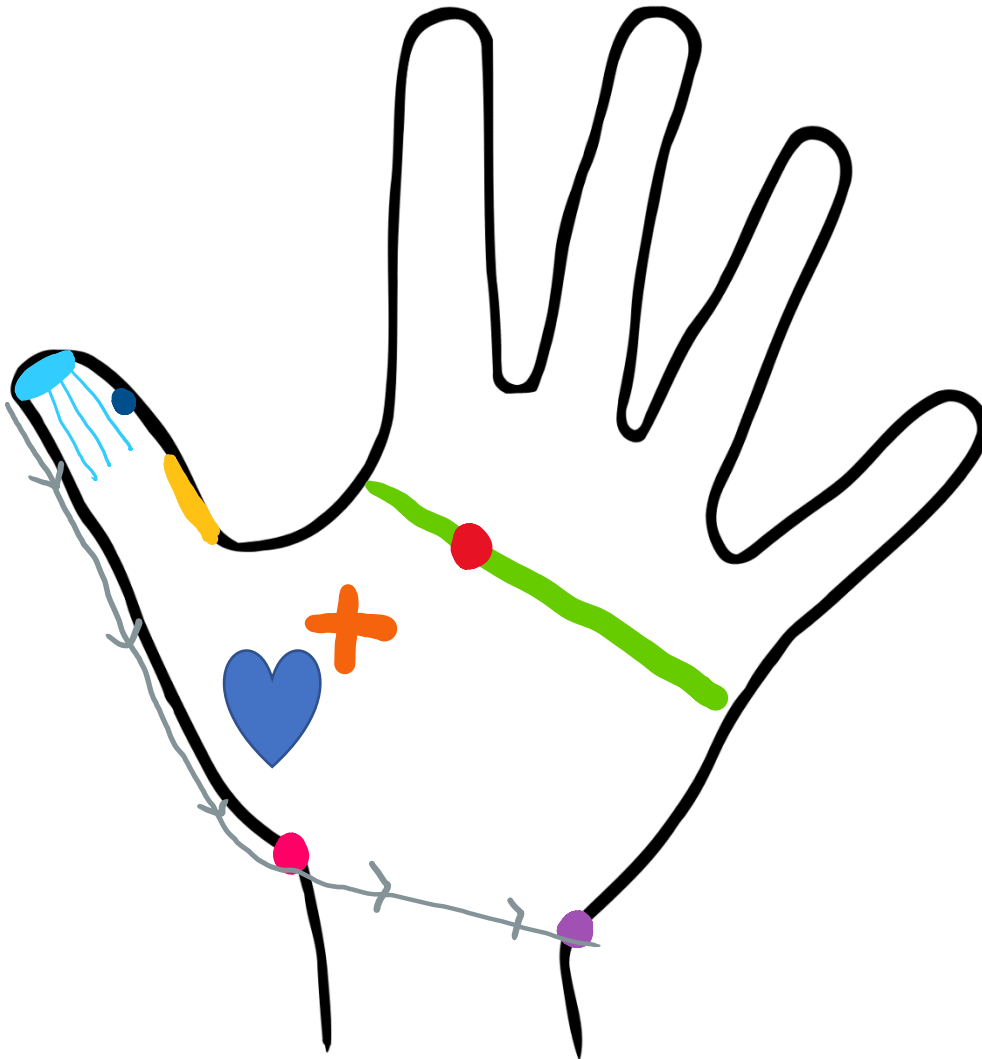


Hand Reflexology Aftercare: Menopause

(Left and right hand)



- **Green – Diaphragm Reflex** – Use your thumb to caterpillar from one side of the hand to the other
x 3.

This can help to relax and open the chest area promoting deep, relaxed breathing to help soothe any anxious or tense feelings.

- **Red - Solar Plexus Reflex** – Use your thumb to make gentle rotations over the reflex. Then, apply gentle pressure as you take a lovely, deep inhale in through the nose. Release that gentle pressure help as you exhale, completely through the mouth x 3

This can help to soothe and rebalance any anxious or tense feelings, allowing the mind and body a gentle pause to reset.

- **Blue Love Heart – Heart Reflex and our Emotional Centre** – Use your thumb to caterpillar across the reflex area, imagining you are colouring in the area like a colouring book.

This can help support our circulatory system and also help support our emotional wellbeing.

- **Light Blue – Head and Brain Reflex (including Hypothalamus, Pituitary* and Pineal)** – Use your index finger to caterpillar walk vertical lines as shown in the diagram to cover the area in full. Then use your index finger to make gentle rotations at the tip of the thumb.

This can help to soothe any headaches, feelings of ‘brain fog’ allowing thoughts to clear. This can also help regulate body temperature, help regulation of hormones and can help aid sleep.

- **Dark Blue – Pituitary* Reflex with intent** – Use your index finger to push into the centre swirl on the thumb, making gentle but firm rotations.

This is known as the ‘master hormonal gland’ and also helps the body release ‘feel good endorphins, helping to boost mood and soothe any feelings of an emotional rollercoaster.

- **Pink (Uterus Reflex) and Purple (Ovary Reflex)** – Use your thumb and middle finger to gently hold the area highlighted on the diagram. Hold lightly for around 20 seconds. You may feel tingling sensations or heat within the area held, over your hands or within the area of your body.

This can help settle, soothe and balance the Ovaries and Uterus, being a key reflex here together with increasing circulation to support good health.

- **Yellow – Thyroid Reflex** – use the index finger to caterpillar walk over and cover the area coloured Yellow on the diagram above

This can help support body energy together with being referred to as the ‘third Ovary’ in Reflexology.

- **Orange – Adrenal Gland Reflex** – Use your thumb to make gentle but firm rotations into the area coloured Orange.

This can help to regulate our stress hormones, allowing us to feel calm together with helping the body release its own natural anti-inflammatories.

- **Grey – Spine and Nervous System Reflex** – Use the pads of the fingers to gently sweep down the area coloured Grey.

This can help cleanse and soothe our nervous system, promoting feelings and calmness and support as we work along our physical spine also.

Facial Reflexology



- **Blue Oval – Head and Brain Area (including Pituitary* as Master Hormonal Gland, Hypothalamus for temperature control and Pineal for regulation of sleep hormone Melatonin.)**

Use either the pad of the middle finger or the smooth underside of a teaspoon to gently, slowly and rhythmically trace the shape of an oval. You can also include a visualisation here of cooling water flowing through the body, cooling down and washing away any stress or negative feelings to leave you feeling lighter and rebalanced.

***Pituitary – please note this reflex is contra-indicated during pregnancy**