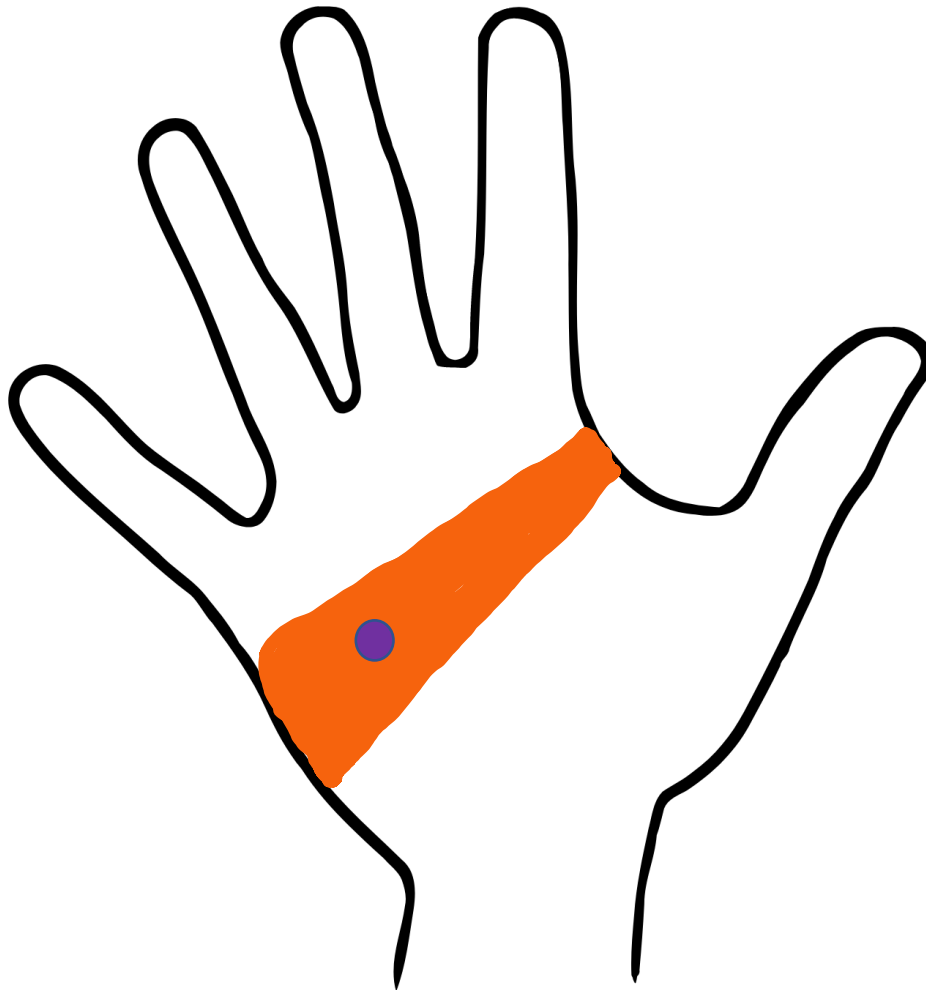


Reflexology & Relaxation Session Aftercare

Hand Reflexology - Left palm of hand



Right palm of hand






Note: Left hand drawing represents reflexes that can be worked on either hand. Right hand drawing represents reflexes present on the right hand only.


Use your thumb as a caterpillar and work your way through the reflexes shown on the chart.

You can either:

- Do this as a full routine (you can sing the rainbow song in your head as an easy way to navigate your way through the reflexes!) or;
- Dissect and work on the specific reflex area you need at a particular moment in time!

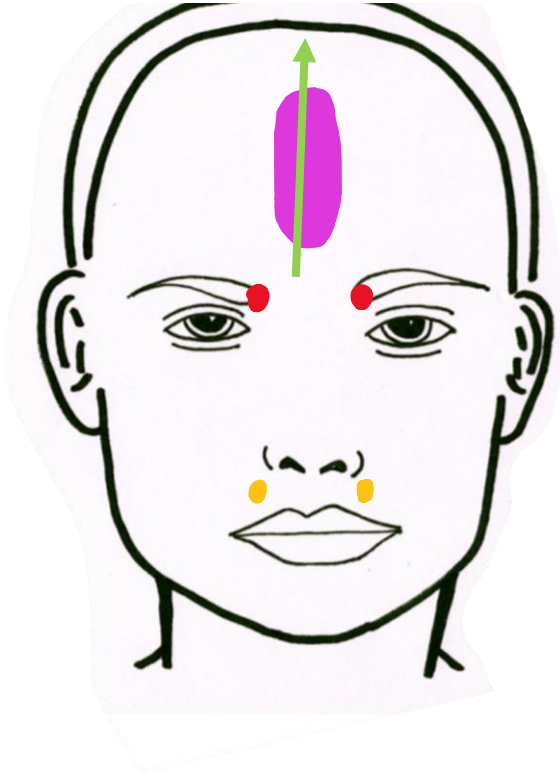
Key:

- **Red** – Solar plexus. Where we can feel our stress and worry in the body. Can be instantly calming and soothing. Rub gentle circles or apply pressure as you inhale for a count of three, hold for 3 and release pressure as you exhale for a count of three. 
- **Yellow** – Diaphragm. To help relax muscles to assist with deep breathing. Use the caterpillar motion to work your way along the horizontal line. 
- **Pink** – Lungs and chest. To help relax muscles to assist with deep breathing. Use the caterpillar motion to work your way over the area, imagining you are colouring the area in full.
- **Green** – Heart. To help soothe matters of the heart and help assist with optimum functioning of the organ itself. Use the caterpillar motion to work your way over the area, imagining you are colouring the area in full.
- **Orange** – Liver. Right hand only. To help detoxify the body, revitalize and replenish depleted energy stores. Use the caterpillar motion to work your way over the area, imagining you are colouring the area in full.
- **Purple** – Gall bladder. Right hand only. To help gently release any emotions of hurt or trauma. Very gently hold your thumb over the area, placing your finger in a position mirroring this on the top of the hand.
- **Blue (Light & Dark)** – Nervous system. To help soothe and calm our nervous system, help ease any stress and tension and soothe any headaches. Caterpillar vertical lines from the joint of the thumb to the tip. Gently roll over the tip of the thumb, then rolling over the tips of all other fingers. Then use the pads of the fingers to trace a line down the bony edge of the thumb, across the wrist. 

 = Emergency reflexes, when you need discreet, instant support to help you rebalance and reset. Can be done absolutely anywhere, in as little as a few seconds and can be done over gloves.

Facial Reflexology, Bergman Method:

Can be incorporated into daily routine, for example in the shower, putting facial moisturiser on either morning or night.



- **Red** – Occipital Reflex. Can help ease tension held here, helping to ease headaches.
- **Yellow** – Adrenal Gland reflex. Calming and soothing. Can help ease any pain or inflammation. Gently press into the area for a few seconds at a time and release.
- **Pink** – Head and brain area. Calming and soothing helping to settle a busy mind. Gently trace the outline of an oval.
- **Green** – Spine and nervous system. Calming and soothing, also helping to ease any aching muscles in the spine. Gently use the pads of the fingers, one over the other to work your way upwards to the hairline.