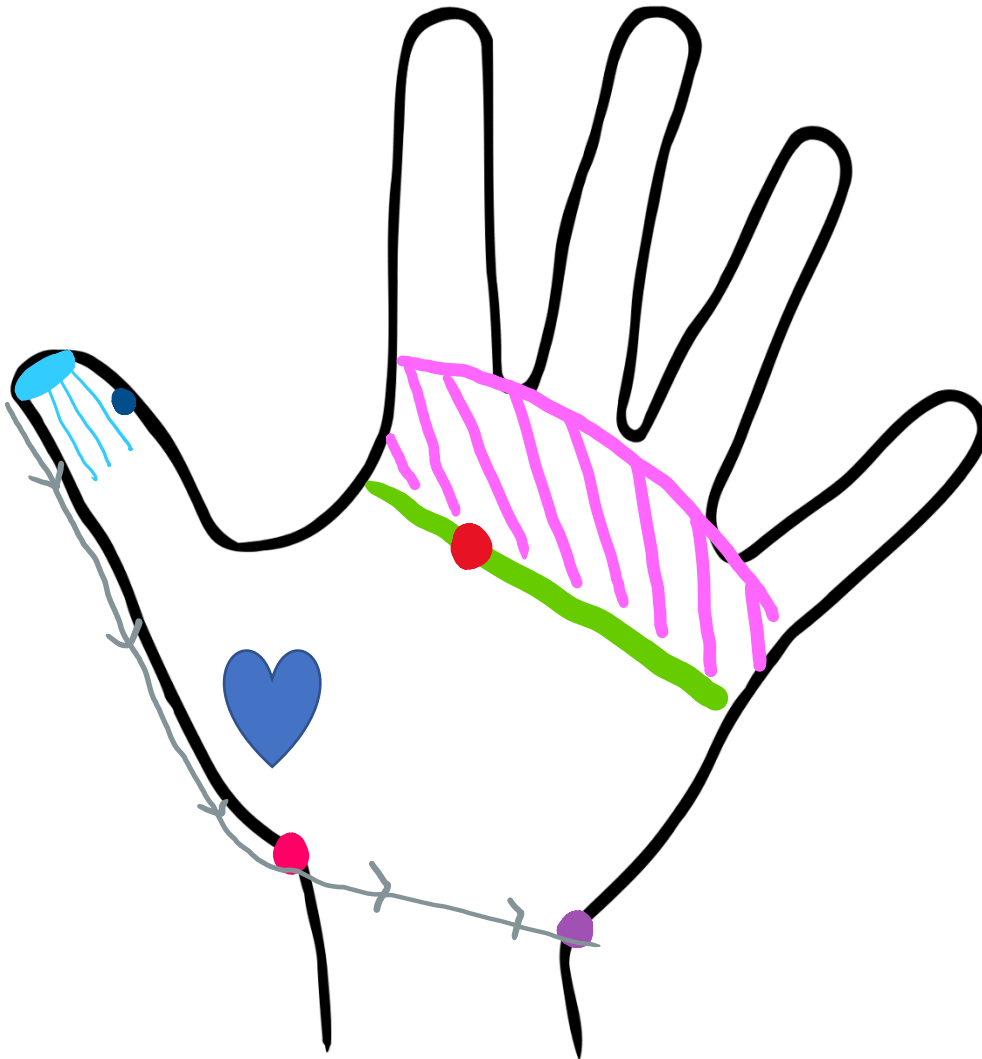


Hand Reflexology Aftercare: PMS / Period Discomfort

(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, releasing tension and relaxing the abdomen area.

- **Pink – Breast Area (TOP OF HAND)** – Place the tips of four fingers on top of the hand by the knuckles. Use a ‘marching’ technique to walk down, towards the wrist, stopping at about a mid-point on the hand.

This works over the breast area and can help to soothe breast tenderness.

- **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, helping to balance unsettled emotions.

- **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.

- **Grey – Spine and Nervous System Reflex** – Use your thumb to caterpillar walk, from the wrist by the Purple dot, following the bony edge of the thumb to the tip of the thumb. Then, 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. This also supports the physical spine to help soothe any aches, pains or discomfort experienced.

- **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.

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