

Holistic Healing & Reiki By Sharon



Part 4 – Hand Reflexology

- What is Hand Reflexology**
- Tips for healthy hands and nails**
- Massage Mediums**
- Dos and do nots of a Reflexologist**
- Cross Referrals areas**
- Accessing the Hands**
- Hand Reflexology routines**
- Emotions & Reflexology**
- Disorders and suggested Treatments**
- Maps**
- A little about Ear reflexology & Map**
- Links**
- Useful Addresses**

What is hand reflexology.

Hand Reflexology is an alternative treatment to the traditional foot reflexology and works in exactly the same way using the same techniques.

Hand reflexology can be used in replacement of a foot treatment when the foot cannot be treated due to contra-indications, Such as amputation, severe arthritis, a client who is elderly or less mobile or injury to the foot.

Hand reflexology can be a more flexible approach and can be carried out more easily than a foot treatment. It can also be used in place of a client who has a preference of their feet NOT being touched (ticklish, Hypersensitive, embarrassed of their feet).

You need to be aware that the areas on the hand are smaller and more condensed than those on the foot.



Recommended tips to maintain healthy hands and nails

Always use mild soaps to prevent the skin on the hands drying out.

Always dry your hands properly to prevent the skin from cracking and becoming sore.

Remove rings before washing hands

Apply hand cream after washing your hands to keep the skin soft.

Wear Rubber gloves where possible for household chores to protect the hands,

Wear gloves or barrier cream when going out in the cold weather to protect the hands.

Rub cuticle cream into the nails and cuticles daily to keep them soft.

Eat a balanced diet to promote healthy skin and nails

Use nail strengtheners to reinforce weak nails

Regular hand exercise such as , fist clenching, wrist circling and finger spreading improves the circulation an keeps the joints more supple.



Massage mediums.

The following are options to use when carrying out the reflexology treatment.

Cream or oil is not always used by therapists during a reflexology treatment, However, It is best to use during the relaxation massage to help keep the skin soft and supple.

Talc – ideal for greasy/sweaty skin types as it helps to absorb the moisture.

Liquid Talc.

Corn Starch – Ideal for greasy/sweaty skin types as it helps to absorb the moisture.

Massage Oil – Suitable for dry skin types and for relaxation massage.

Massage Cream or Lotion – suitable for all skin types and provides nourishment to the skin.



The do's and do not's of Reflexology

DO

- Give your client individual attention**
- Explain the treatment to your client prior to starting**
- Be honest with your client**
- Advise your client on the code of confidentiality**
- Provide a warm, clean and relaxing environment for your client**
- Speak to your client in a quiet soothing voice**
- complete a consultation for for every treatment and note down your findings after the treatments**
- Advise your client to drink plenty of water after the treatment**

DO NOT

- Use heavy pressure on any tendons or bones**
- Work on any infected areas**
- Work over cuts, bruises or abrasions**
- Work over any surface veins with any pressure**
- Work over recent scar tissue**
- Increase the pressure too much over areas of sensitivity or grittiness**
- Cause any pain or deep discomfort to your client**
- Diagnose any conditions or claim that you can cure them**
- Tell your client the exact location that corresponds to sensitivity, merely state the general area, ie the stomach area not the duodenum**
- Give your client any false hopes**
- Rush your treatments**
- Break your clients trust or confidentiality**
- Carry out Reflexology unless you are Fully Qualified**

Cross – referral areas for the hand and the foot.

If there is a reason that an area of the body cannot be worked on for any reason then use the chart below to give you the cross referral reflex to work on instead.

Foot	Hand
Sole of foot	Palm of hand
Top of Foot	Back of hand
Big toe	Thumb
Small toe	Fingers
Ankle	Wrist
Calf	Inner Forearm
Shin	Outer Forearm
Knee	Elbow
Thigh	Upper Arm
Hip	Shoulder

Assessing the Hand

Shape of the hand

This usually corresponds with the size and shape of the person. For example a tall and slim person would usually have long and thin hands, A small and round person will have small and round hands, Also if a person has broad shoulders then the hand is usually broad too.

A person with a long neck will usually have long fingers.

Calluses

May indicate a internal problem which has caused the reflex point to become more sensitive and susceptible to the formation of calluses.

Warts/Verrucas

May be located on a weak reflex point

Lumps

Could indicate other physical problems

Scars

May affect energy flow.



Hand Reflexology Routine

Section 1 the warm up

Work on each hand separately – Start with the right hand first

Effeorage hand and lower arm

Rotate hand x3 clockwise and x3 anti-clockwise

Massage and pull each finger

Thumb circles on the palm of the hand

Thumb walk up between the bones of the fingers on the top of the hand

Thumb circles up outer arm from wrist to elbow and scissor back down.

Thumb circles up inner arm from wrist to elbow and scissor back down.

Lung Press – Press fist into the palm of the hand

Thumb walk the diaphragm Line

Section 2 Head and Neck

Fingers

Thumb walk up the thumb (palm side) – three lines (back of head)

Thumb walk up outside of thumb over the top and down the inside (sides and top of head)

Thumb walk along inner side of thumb round the base of the top of thumb (neck/thyroid)

Pressure pints on the thumb Pineal/hypothalamus – hook and back 3 times.

Pituitary – Press 3 times

Occipital – Press once

Ear – Press once

Temple – press once

Thumb walk the inner side (palm side) of the four fingers – 3 lines

(sinuses/ears/eyes)(eyes are 2nd & 3rd ears are 4th & 5th)

Finger walk the tops of all fingers 3 lines (face/teeth)

Pinch between the fingers (sinuses/ears/Eustachian tube)

Thumb pressure on the base of 4 fingers (sinuses/ear/Eustachian tube)

Pinch top of index finger under nail (for balance)

Pinch top and sole of outer part of hand under little finger(Shoulders

Press and twist with thumb on the top or each finger (brain)

Section 3 Chest/lung/thyroid/shoulders

Diaphragm line to base of fingers

Thumb walk up the thyroid/thyroid helper/parathyroid in a curve (around the base of the thumb)

Press and circle on the parathyroid area x3 (between thumb& 2nd finger, and slightly down)

Press and circle on the thymus (base of ball of thumb on inner side)

Thumb walk up chest, lung and shoulder area. - from diaphragm to the base of fingers . Five lines

Circle around the shoulder area (outer hand on palm side under little finger)

Section 4 Upper

Abdomen/liver/kidneys/Adrenals/gallbladder/spleen

Waist to diaphragm line

Thumb walk up abdomen (upper) – waist line to diaphragm, 5 lines

Thumb walk diagonally (from left to left to right then back the other way)

across the liver (left hand only)

Thumb walk across the stomach/pancreas (pancreas – found mostly on the left hand) in both directions

Pressure and rotate on gall bladder – right hand only

Thumb walk and rotate the spleen – left hand only
Hook and back on the Adrenals – 3 times
Circle around the kidney area, then press and release 3 times
Drain down the ureter tube to the bladder
Gentle pressure on the bladder as well as thumb walking in each directions

Section 5 – Lower abdomen

Pelvic to waist line
Thumb walk lower abdomen – pelvic line to waist line

Section 6 Pelvis

Base of palm
Thumb walk up pelvic area – wrist to pelvic line
Thumb walk the sciatic line on the base of the palm just above the wrist

Section 7 Spine

Outer side of hand (thumb side)
Thumb walk up and down spine – from wrist to thumb
Thumb walk across the spine in rows working from the cervical spine down to the coccyx (wrist)

Section 8 Reproductive system

Wrist
Pressure and rotate on the uterus/prostate (top side of wrist) x3
Pressure and rotate on the ovaries/ testes (top side of wrist) x3
Finger walk across fallopian tubes/ vas deferens (outer top of wrist to inner , little finger towards thumb side)

Section 9 Joints – Shoulder/elbow/knee/hip/ lower back

Inner edge of hand

Thumb walk up outer edge of hand from wrist to base of little finger (shoulder,arm,elbow,leg,knee,hip,lower back) and then massage down using thumb and finger in circular and pinching movements.

Section 10

Chest/breast/mid back/ Lymph

Top of hand

Finger walk down the chest/breast, mid-back and lymph area from base of tops of fingers towards wrist.

Section 11 Colon

Lower abdomen

Hoop and back on the ileo-caecal valve x3

Thumb walk the colon.

Thumb walk up the ascending colon, rotate on the hepatic flexure and thumb walk across the transverse colon

Repeat on the left hand

Finish off with relaxation moves on both hands, you can repeat the warm up routine if you like.



Emotions & Reflexology

There is a strong link between how we feel emotionally and how we feel physically and it is believed that physical ailments can stem from emotional factors and as reflexology is a Holistic Treatment it is important to not only take into consideration the physical ailments but the emotional needs of the client also.

Follow the chart for a few suggestions of areas to work:

Emotion	Area of imbalance that may need work.
Unexpressed Emotions	Oesophagus
Heartache	The Heart
Anxiety	Solar Plexus
Excitement	Solar Plexus
Feeling Burdened	Shoulders
Metabolism	Adrenals
Overeating (protection)	Stomach
Support (lack of)	Back & Spine
Anxiety & Holding onto things	Bladder & colon
Ability to see things clearly	Eyes
Ability to hear things clearly	Ears
Fatigue	Thyroid & Adrenals
Love & Security	Heart
Change & moving forward	Joints
Irritations Expression	Sinuses Throat

List of Disorders & Areas of treatment.

List of disorders and possible areas of treatment. This list is not inclusive of all conditions that could be treated with reflexology (that in itself would be another course) neither is it intended to show all reflex points relevant to each condition as symptoms/conditions may have a number of causes.

List of disorders and suggested areas of work

Acne

Pituitary
Lymphatics Head/neck/Thoracic
Liver
Kidney
Adrenal
Ovary (female) Testes and prostate (male)

Adenoid problems

Solar Plexus
Diaphragm
Chest
Lung
Bronchial
Sinus
Pituitary

Alcoholism

Solar Plexus
diaphragm
chest
lung
bronchial
heart
brain
Pineal
Pituitary, Hypathalamus
Pancreas,Liver
Bladder,Ureters,Kidney

Allergies

Eyes
Lymphatics Head/Neck/Thoracic
Liver
Spleen
Adrenal
Small Intestine
Colon

Anemia

Thyroid
Heart
spleen
spine
Lungs
Sternum

Angina

Solar plexus
diaphragm
chest, lung,

Heart

shoulder
arm neck thoracic and cervical spine, Intestines with emphasis on sigmoid colon

Appendicitis

Solar plexus
Diaphragm
Appendix
intestines
adrenals

Arthritis

Head/neck
shoulder/arm/knee/hip
Thyroid, Parathyroid
Spine, Kidney, Adrenals
Lymphatics (all) including spleen

Asthma

Head/brain/Face

Pituitary

Thyroid

Lymphatics including spleen

Lungs

Adrenals

Back problems

Thyroid

Parathyroid

Spine

Shoulder/Arm/Knee/Hip

Kidney

Lymphatics (all)

Bed-wetting

Solar plexus

diaphragm

spine with emphasis on lumbar,

Brain, Bladder

Ureters

Kidneys

Adrenals

Bladder disorders

Pituitary

Parathyroid

Liver

Spleen

Kidney/Ureter Tubes/ Bladder

Adrenals

Blood Pressure

Pituitary

Thyroid

Heart

Kidney

Adrenal

Breast problems

Pituitary

Breast

Kidney

Adrenal

Ovary

Lymphatics Head/Neck/Thoracic

Bronchitis

Face

Neck

Lung

Adrenal

Lymphatics Head/Neck/Thoracic

Bursitis (inflammation of tissue in the joints)

Parathyroid

Shoulder/arm/Knee/Leg/Hip

Kidney/Ureters/Bladder

Adrenal

Lymphatics (all)

Cataracts

Eye/Ear/Neck

Cervical, Pituitary,thyroid, Helper to thyroid and kidneys

Cholesterol

Thyroid

Liver/gall bladder

Stomach

Pancreas

Cold

solar plexus

diaphragm, chest, lung, bronchial

thyroid,shoulder, arm

eye/ear/neck

pituitary, stomach

spleen, intestines, duodenum

adrenals, liver

Brest/chest/lymph

Neck/chest/Inner ear
Thymus. shoulder/arm
All toes with emphasis on throat and nose

Colitis

solar plexus, diaphragm
Intestines duodenum
adrenals liver gallbladder
lower spine.

Constipation

Liver/ Gall bladder
Stomach
Small intestines,spine
Adrenal
Colon
Lymphatics

Cramps – leg

Thyroid
Parathyroid
Knee/Leg/Hip
Spine
Sciatic nerve

Cystitis

Lower spine, bladder
ureters kidneys adrenals

Depression

Solar plexus, diaphragm, chest, lung
shoulder/arm
neck, heart, thyroid
parathyroids, all toes with emphasis on pituitary, brain pancreas,
adrenals

Diabetes

Solar Plexus

Diaphragm, thyroid

Heart, pituitary, Pancreas, liver
adrenals

Digestive Problems

Head

oesophagus

stomach/pancreas/Duodenum

Liver

Small Intestine,

Lymphatics (all)

Colon

Diarrhea

Solar plexus, diaphragm

Lower spine, ileocecal valve,

Intestines, duodenum

adrenals, liver

Disc Problems

Solar Plexus, diaphragm

spine, neck shoulder

arm brain sciatic

Dizziness

Solar plexus, diaphragm

All toes with emphasis on pituitary

Cervical, helper to eye ear

Inner ear, cervical

Drug Addiction

Solar plexus, diaphragm

heart,thyroid, pituitary

pancreas, liver, kidney

Ear Disorders

Face/front of neck
Sinuses/Cranial Nerves
Ear
Eustachian Tube
Shoulder
Adrenal

Eczema

Solar plexus, diaphragm
chest, lung, thyroid
Pituitary, Intestines
Kidneys, duodenum
adrenals, pancreas, liver

Emphysema

Solar plexus, diaphragm
Chest, lung, bronchial
neck, cervical and thoracic spine
Adrenals intestines

Epilepsy

Solar plexus, diaphragm
spine, neck thyroid, pituitary, brain
adrenals

Eye Disorders

Head/Brain/Face
Cranial Nerves
Eye
Kidney
Adrenals
Cervical Spine

Fainting

Heart, Brain, Pituitary
Cervical

Fatigue

Solar Plexus, diaphragm
Heart, thyroid, spine,
brain pituitary
Spleen, pancreas
Liver, adrenals

Fever

Thyroid, Brain
Pituitary, Hypothalamus
Cervical, kidneys
Spleen, Uterus
Bladder, Liver

Flatulence

Stomach/duodenum/Pancreas
Liver
small intestines
Colon
Lymphatics (all)

Forgetfulness (stress related)

Head/brain
Hypothalamus/Pituitary
Thyroid
Parathyroid
Spine
Shoulder
Adrenal

Gall Bladder Disorder

Parathyroid
Gall Bladder
Liver
Kidney
Small Intestines
Colon

Gallstones

Solar plexus, diaphragm
Thyroid, thoracic spine
Liver, gallbladder

Glaucoma

Solar plexus. Diaphragm
Eyes, ear
Pituitary
cervical, kidneys

Gout

Solar plexus, diaphragm
Liver, kidneys, referral and reflex for afflicted area
Colon

Hay Fever

Pituitary, Face, Eyes
Lungs, Adrenal
Lymphatics, Head/neck

Headache

Head/brain/pituitary
Cranial nerves/sinuses
Ears/Eyes
Stomach?pancreas
Liver/ Gall bladder
Kidney
Shoulder
Spine
Adrenal
Lymphatic, Head/Neck

Hearing problems

Shoulder/arm/ear/eye
Neck, Brain Pituitary
Sinuses, cervical

Heart Attack

Solar Plexus, diaphragm, chest
Lung, heart, shoulder, arm, spine
Brain, pituitary, Intestines
sigmoid colon, kidneys adrenals

Heartburn

Solar plexus, diaphragm, chest
Lung, heart esophagus
thoracic spine, intestines
duodenum, pancreas,
stomach, gallbladder

Hemorrhoids

Solar plexus, diaphragm,, heart
lumbar, coccyx, sacral intestines
colon, adrenals, sciatic

Hernia

Solar plexus, diaphragm
Lower spine, intestines adrenals

Hiccups

Solar Plexus, diaphragm
chest, lung, heart,
bronchial, shoulder, arm
thoracic spine, neck stomach

High Blood Pressure

Solar plexus, diaphragm
chest, lung, spine, heart
thyroid, pituitary
kidneys, adrenals

Hip problems

Solar Plexus, diaphragm
shoulder, lower back, sacral, sciatic

Hyperactivity

Solar plexus, diaphragm
thyroid, brain, pituitary
adrenals, pancreas, liver

Hypoglycemia

Thyroid, pituitary
Pancreas, liver
Kidneys, adrenals

Impotence

Solar plexus, diaphragm
chest, lung, thyroid, pituitary, lower spine
pancreas adrenals
reproductive glands, penis, hip/knee

Incontinence

Solar plexus, diaphragm
lower back
bladder ureters
kidneys adrenals

Indigestion

Solar plexus, diaphragm
Thoracic and lumbar spine,
stomach, pancreas, liver
Gallbladder, duodenum intestines, gums teeth, neck

Infections

Adrenals, tonsils, thymus, spleen

Infertility

Reproductive glands, fallopian tubes, seminal vesicles, lower back

Influenza

Solar plexus, diaphragm
chest, lung, bronchial, thyroid, pituitary,
Intestines, adrenals

Insomnia

Head/Brain

Spine

Shoulder

Kidneys, adrenal

Jaundice

thoracic spine,

Liver

Gallbladder

Kidney disorders

Pituitary

Thyroid

Kidney/ureter/Bladder

Adrenal

Spine

NOTE: Kidney disorders need to be investigated by a GP.

Kidney Stones

Solar plexus

diaphragm, parathyroid, Lower back, Bladder

Ureters, Kidney

Adrenals

Knee problems

spine, shoulder, sciatic, mid back

shoulder

Leg Problems

Spine, shoulder

Kidneys, adrenals

Sciatic

Knee/Leg/Hip

Groin, Mid back

Liver Disorders

Note: liver disorders need to be investigated by a GP

Thyroid

Parathyroid/Liver/gallbladder

spleen,kidney

Small intestine, Colon, Lymphatics

Low Blood Pressure

Solar Plexus, diaphragm

chest,lung,heart

thyroid,parathyroids, pituitary

kidneys adrenals

Lung disorders

Neck, trachea

Lung, spleen

Liver,

adrenal

spine

Menopause

Solar plexus, diaphragm,

thyroid,brain, pituitary

adrenals, reproductive glands,

fallopian tube,

Hip/Sciatic, knee

Motion sickness

solar plexus, diaphragm

spine, brain pituitary

stomach, inner ear mid-back

Nausea

Head/brain

Cranial Nerves

Ear/Balance

Stomach, liver,Kidney

Small intestine, Colon

Neck Problems

Solar plexus, diaphragm
shoulder, neck, spine
adrenals

Nervousness

Solar plexus, diaphragm
thyroid, brain pituitary
adrenals, pancreas

Numbness in fingertips

Solar plexus, diaphragm
shoulder, arm heart, spine

Paralysis

Entire foot with emphasis on solar plexus/diaphragm
spine neck and brain – reflex for afflicted area

Perspiring hands/feet

Solar plexus, diaphragm
thyroid, pituitary, liver
intestines, kidneys
adrenals

Phlebitis

Solar plexus, diaphragm
heart, liver, intestines
adrenals sciatic
hip/knee/lymph

Pneumonia

Solar plexus, diaphragm
chest, lung, shoulder, neck, thyroid
intestines, adrenals, breast, chest, throat

Prostate Problems

Solar plexus, diaphragm
pituitary, lower back, sciatic
reproductive glands
seminal vesicles
Lymph/groin bladder

Psoriasis

Solar plexus, diaphragm
chest, lung
thyroid, pituitary
intestines
kidneys, adrenals, liver

Sciatica

adrenal, sciatic nerve
spine, hip, colon

Scoliosis

Solar plexus, diaphragm
chest, lung, shoulder, arm neck
thyroid, spine, pituitary
adrenals

Shingles

Solar plexus, diaphragm
chest, lung, shoulder
arm, neck
thyroid, spine, pituitary
adrenals
Lymph, groin

Shoulder Pains

Solar plexus, diaphragm
chest, lung, shoulder, arm
neck, spine, upper back
breast/chest
lymphatic
Hip, knee

Sinusitis

Pituitary
Head/Brain/face
Cranial nerves/sinuses
Teeth/Gums/Eyes
Small Intestine,
Kidney
Lymphatics
Colon

Skin Disorders

Pituitary, thyroid, parathyroids

Adrenal

Ovary Female/testes male

Liver, Kidney

Small intestines

Lymphatics (all)

Colon

Sore Throat

Solar plexus, diaphragm

neck, all toes, cervical

adrenals, lymphatics

Sprain

Solar plexus, diaphragm

chest, lungs

heart, adrenals

reflex for afflicted area

Stress

Head/brain

Cranial Nerves

Front/Back of Neck

Thyroid/Parathyroid

Lungs

Stomach

Spine

Shoulder, Adrenals

Stroke

Solar plexus, diaphragm

heart, spine

all toes with emphasis on brain (opposite side from the paralysis)

Teeth and Gum Disorders

All toes, cervical,

Lymph neck/chest

Neck/throat, teeth gums

upper jaw,teeth/gums lower jaw

Tinnitus

Solar plexus, diaphragm
eye/ear
neck, all toes
cervical, adrenals

Tonsillitis

Solar plexus, diaphragm
eye/ear
neck, all toes,
cervical, adrenals

Ulcer

Solar plexus, diaphragm
Lung, heart, esophagus
thyroid, neck, thoracic and lumbar spine,
stomach, intestines,
duodenum, adrenals

Varicose veins

Lungs, heart
Knee/leg/Hip
Kidney, adrenals
small intestine,
large intestine, Lymphatics (all)

Whiplash

Solar plexus, diaphragm
chest, lung
shoulder/arm
neck, spine
cervical,
adrenals

Maps

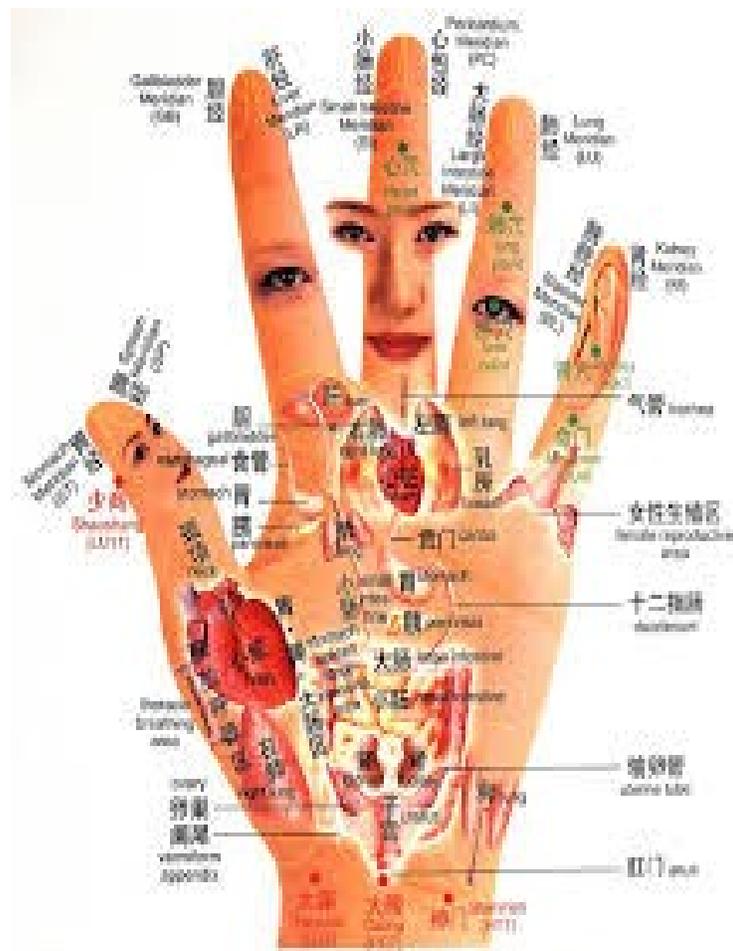
Click on the links below for the free interactive hand chart for reflexology.



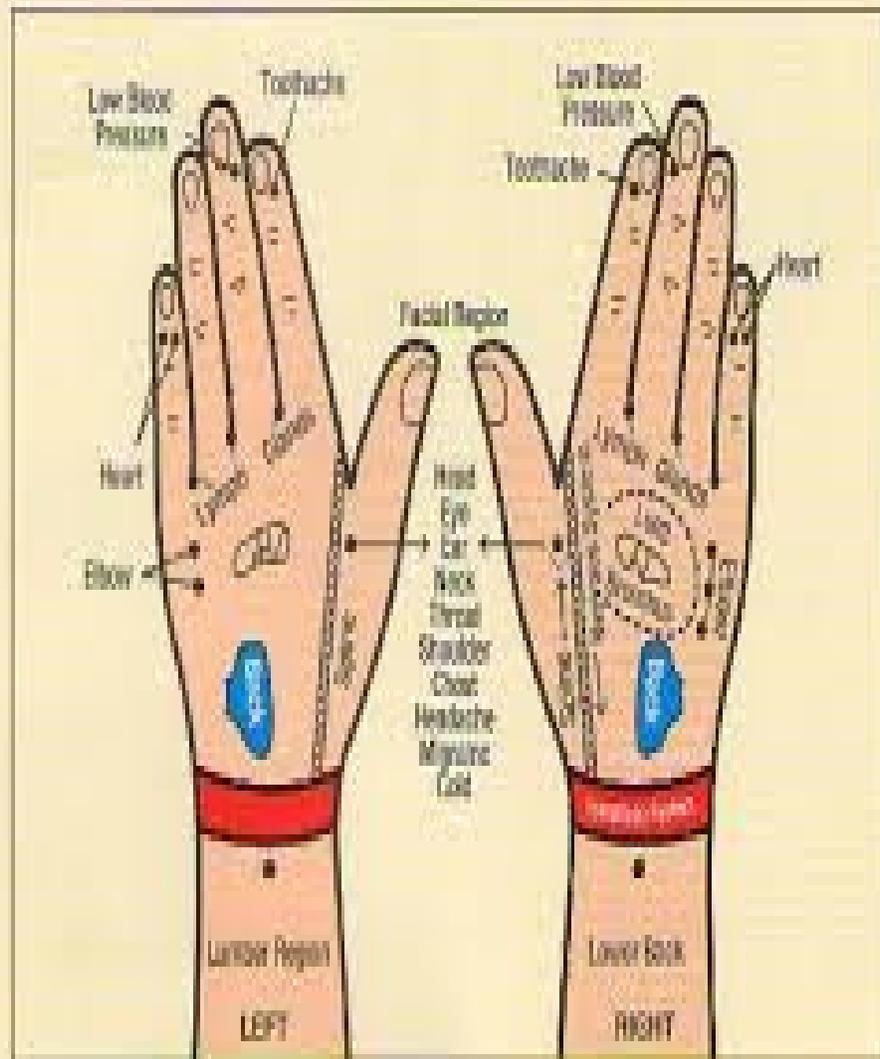
Hand chart for reflexology showing four hands with colored zones representing different body parts. The zones are color-coded: purple for the fingers, red for the palm, yellow for the wrist, blue for the base of the hand, and green for the heel. A blue button at the bottom says "Click here for an interactive hand map".

Abdominal gland	Wrist/palm	Head	Kidney	Neck	Shoulder/eye	Testicle
Arm	Ear	Heart	Knee	Orary	Scalp/plexus	Thyroid gland
Bladder	Eye	Hip	Leg	Pancreas	Spine	Uterus/vagina
Brain	Forebrain/brain	Respiratory tract	Liver	Parathyroid gland	Stomach	Uterus
Breast	Gall bladder	Lower ear	Lower back	Pituitary gland	Throat	
Ear	Colon	Intestines/anal	Lung	Prostate gland	Uterus	
Colon	Claw	Leg	Lymph glands	Shoulder	Testis	

Link 1



Reflex Centres Located on Upper Part of Hands



Ear Reflexology

Reflexology Ear Chart



Ear reflexology is becoming quite popular these days. The area of the ear is very sensitive therefore you should use little pressure and do not treat for as long, as the nerve endings are closer to the brain.

Links

Click on the pictures below to link to reflexology demonstrations.

Hand technique



Ear technique.



Useful Addresses

**British Reflexology Association
Monks Orchard
Whitebourne
Worcester
WR6 5Rb
Tel 01886 821207**

**British School of Reflexology
92 Dheering Road
Old Harlow
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CM17 OJW**

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