

Relax with Reflexology



Heidi



Hi! I'm Heidi, your reflexology tour guide! Reflexology is a natural therapy that involves applying pressure to particular points on your hands and feet that relate to different parts of your body. Reflexology can be used for relaxation, improve circulation and improve overall body health. Plus- it feels really awesome! I'm excited for you to try out one of the challenges or do them all! Either way, I'd love to connect with you to learn more!

Here's what you'll need to get started!



Curiosity!



A computer with Internet



A notebook and pen in case you want to write anything down!

Challenge 1 What is reflexology?

Check out the short video below and then take the practice challenge!



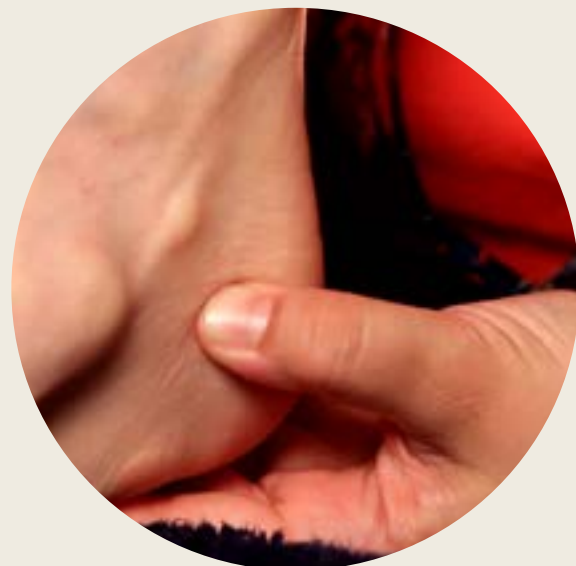
What do you think?

Write or sketch your first thoughts! What questions do you have for me?



Challenge 2 What are the techniques?

What are some of the tools and hand techniques you can use for reflexology?



Thumb Walking

Use your thumbs to apply pressure. Press down on a pressure point with the tip of your thumb- you want your nails to be short so you are using the top pad of your thumb and not your nail! Apply pressure and then lift up your thumb and move it slightly, apply pressure again. You're doing it! That's thumb walking!

Special Tools

There are a number of tools that you can use for reflexology rather than using your hands. These tools let you apply more pressure and sometimes get to a smaller area or a larger one depending on the tool!

Tools are made mostly of wood or stone.

Do you have anything around your house that looks like one of these tools?



Household Items!

There are many things around your house that you can use for reflexology! Your toothbrush is just one example. You can use the pointy end of the toothbrush to apply pressure to points on your hands and feet!

What else could you use?



Challenge 3 What are the pressure points?

Learn a few pressure points that can help you relieve stress.



How did that feel?



How was your tour through reflexology? Want to try reflexology together? I'd love to connect! Click on the button! Hope to chat soon! Heidi