

HAND REFLEXOLOGY



Practice these techniques
for 15-20 minutes before
sleep to encourage a
restful slumber.

TO PROMOTE SLEEP

Get yourself comfortable in your bed and massage a small amount of your favourite hand cream into your hands. Take a few slow deep breaths focusing on the rise and fall of your chest...how does the air feel moving in and out of your airways?

Solar Plexus – Using the opposite thumb apply gentle pressure as you inhale and release as you exhale.

Head – Use your opposite thumb to work from the crease halfway down to the tip of the thumb using a caterpillar motion, you will need to repeat this 4-5 times to cover the whole area.

Pituitary – Look for the fingerprint swirl to locate this reflex and use your opposite thumb (or knuckle if you want more targeted pressure) to circle the area.

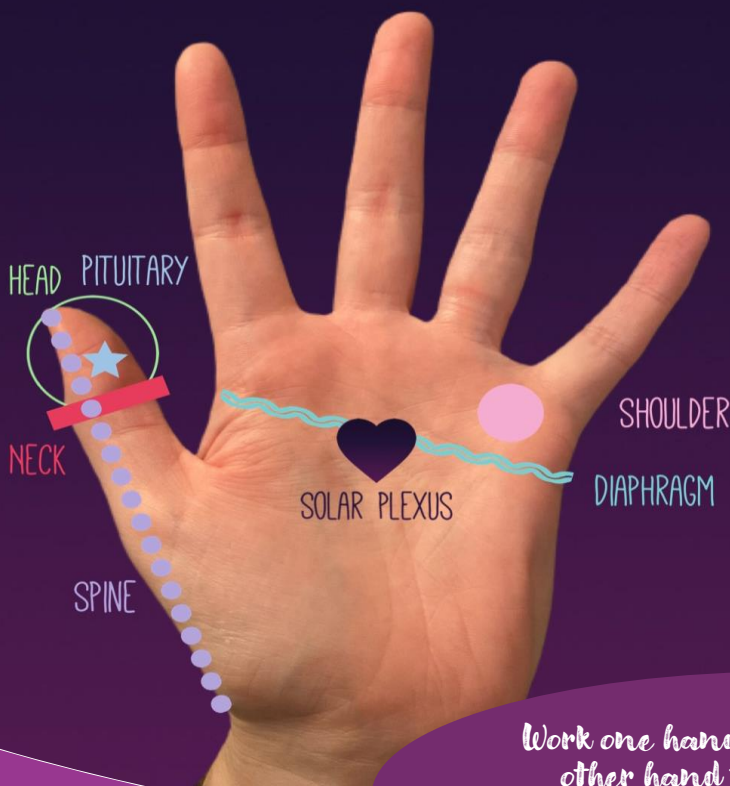
Neck – Use your opposite thumb to caterpillar walk across the thumb crease and around to the front of the thumb creating a circle around the thumb.

Shoulder – Use your opposite thumb to apply circular motions to the area, cover the whole area.

Spine – Using the opposite thumb gently sweep down from top of thumb to opposite side of base of palm.

Diaphragm – Using the opposite thumb use gentle pressure to stroke or use small circular motions to move across the diaphragm line.

Solar Plexus – Using the opposite thumb apply gentle pressure as you inhale and release as you exhale. Concentrate on your breathing.



Work one hand at a time, using the
other hand to work the reflexes.
Repeat each move 3 times.
Then swap hands.

Give yourself a few minutes to enjoy the feeling of relaxation washing over you before you settle down to sleep.