

HAND REFLEXOLOGY



Take 10 minutes out of your day to try these simple techniques to support seasonal allergies.

TO SUPPORT SEASONAL ALLERGIES

Find yourself a comfortable space to sit and relax. Begin by massaging your favourite hand cream into your hands paying particular attention to the palms of your hands. Take a few slow deep breaths focusing solely on the rise and fall of your chest. Think about how the air feels 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 – Using the opposite thumb use gentle pressure to caterpillar walk up the thumb from the crease to the tip in 5 vertical lines, then push from tip of thumb down to the crease following the same 5 vertical lines.

Throat – Using the opposite thumb use gentle pressure to circle the reflex.

Sinuses – Using the opposite thumb/fingers use gentle pressure to caterpillar walk up/down all sides of each finger.

Ear, Eustachian tube & Eyes – Using the opposite thumb use gentle pressure to caterpillar walk across the reflexes then sweep back.

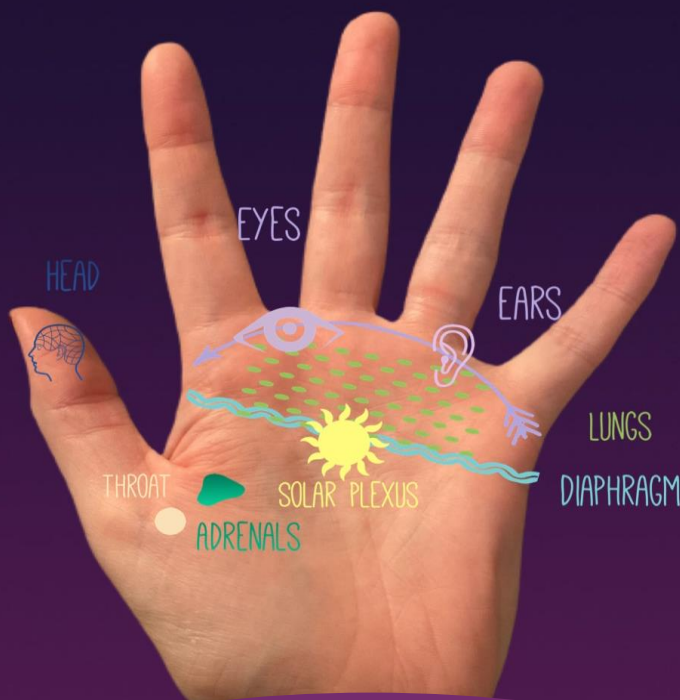
Diaphragm – Using the opposite thumb use gentle pressure to stroke or use small circular motions to move across the diaphragm line.

Lungs – Using the opposite thumb use gentle pressure to caterpillar walk up, across & down the reflex area.

Adrenals – Using the opposite thumb apply gentle pressure as you circle the reflex and hold for 30 seconds.

Lymphatics – Using the opposite thumb use gentle pressure caterpillar walk down in between the fingers on the back of the hand.

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



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 calm washing over you before you continue with your day.