

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.

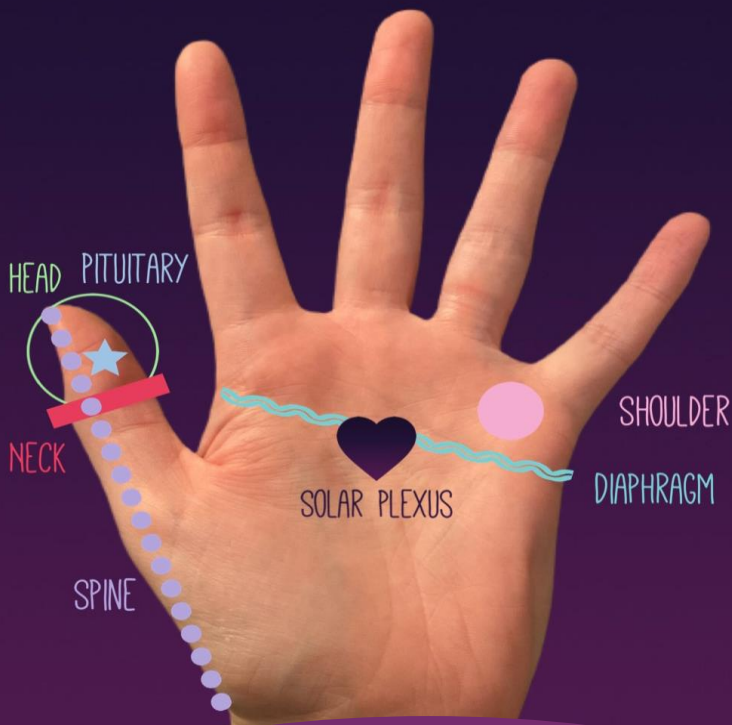
Shoulder – Use your opposite thumb to apply circular motions to the area, cover the whole area.

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.

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



WORK ONE HAND AT A TIME, USING THE
OTHER HAND TO WORK THE REFLEXES.
REPEAT EACH MOVE 3 TIMES.
THEN SWAP HANDS.