

HAND REFLEXOLOGY



TAKE 10 MINUTES OUT OF YOUR DAY TO TRY THESE SIMPLE TECHNIQUES TO SUPPORT HEADACHES & MIGRAINES.

TO SUPPORT HEADACHES & MIGRAINES

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.

Neck – Using the opposite thumb use gentle pressure to caterpillar walk around the reflex, repeating 3 times.

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

Hypothalamus – Push down from hypothalamus to the pituitary reflex repeating 3 times.

Pituitary - Knuckle circles into pituitary reflex area.

Jaw – Squeeze either side of the knuckle and circle on the reflex

Eyes – Using the opposite thumb use gentle pressure to caterpillar walk across the reflexes then sweep back.

Shoulder – Massage in circular motions or rock in between the fingers bones.

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

Spine – Sweep fingers/thumb down the edge of the thumb and onto the side of the palm.

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.

