

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.

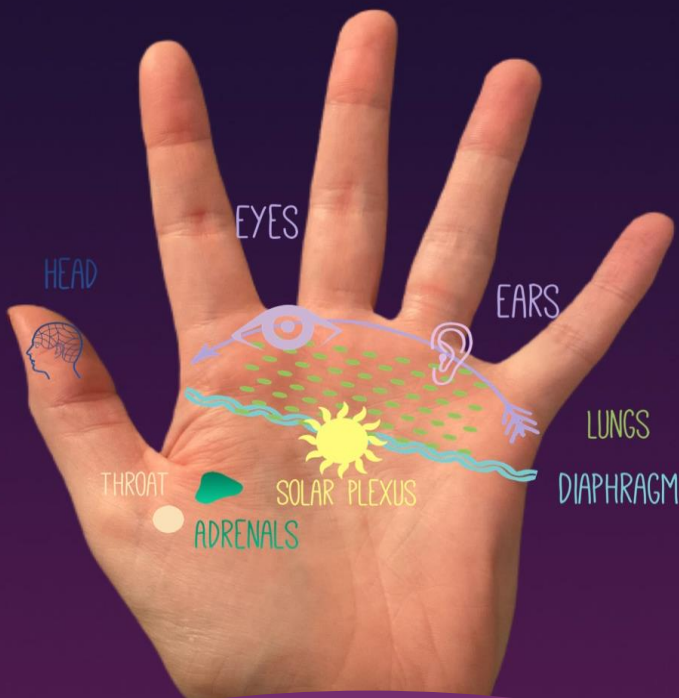
Lungs – Using the opposite thumb use gentle pressure to caterpillar walk up, across & down the reflex area.

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.

Give yourself a few minutes to enjoy the feeling of calm washing over you before you continue with your day.



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