

RESOURCES

Finding a reflexologist

If you decide to visit a professional reflexologist instead of or in addition to self-application of reflexology techniques at home, check the practitioner's credentials for any qualifications and membership of reflexology organizations (*see below*). Bear in mind, however, that standards have changed over the past decade, so check with prospective practitioners the date and duration of

their study, and how much professional experience they have had since qualifying. The best-qualified reflexologists have completed a course of study of 50 hours or more, followed by at least a year's experience. It is worth noting that someone who has expanded into other areas (such as selling products or other complementary therapies) may not be as experienced in reflexology as a specialist.

Contacts

Australia

Reflexology Association of Australia
P.O. Box 366, Cammeray, NSW 2062
Web: www.raansw.com.au

International Council
of Reflexologists
P.O. Box 1032, Bondi Junction
NSW
Phone: 61 612 9300 9391

Canada

Reflexology Association of
British Columbia
#214-3707 Hamber Place
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V7G 2J4
www.reflexologybc.com

Reflexology Association of
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P.O. Box 1605, Station Main
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www.reflexologycanada.ca

Reflexology Registration Council
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International Council
of Reflexologists
P. O. Box 78060
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Hamilton, Ontario L9C 7N5
www.icr-reflexology.org

New Zealand

The New Zealand Institute
of Reflexologists Inc.
253 Mount Albert Road,
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New Zealand Reflexology
Association
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Republic of Ireland

Irish Reflexologists' Institute
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National Register of Reflexologists
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Unit 13, Upper Mall
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Phone: 353 91 568844

United Kingdom

Association of Reflexologists
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Email: aor@reflexology.org

British Reflexology Association
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Web: www.britreflex.co.uk

International Federation
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International Institute
of Reflexology (UK)
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United States

New York State Reflexology
Association
142 E. 23rd St., Suite 4
NY, NY 10010
www.newyorkstaterflexology.org

Pennsylvania Reflexology
Association
P.O. Box 233
Hellertown, PA 18055

Reflexology Association of
America
4012 S. Rainbow Blvd.
K-Box PMB #585
Las Vegas, NV 89103

Washington Reflexology
Association
www.washingtonreflexology.org

Websites

www.reflexology-research.com
Kevin and Barbara Kunz's website;
offers the basics on reflexology
theory, practice, and research.

www.foot-reflexologist.com
Kevin and Barbara Kunz offer
information and advice for
professional reflexologists.

www.reflexology.org
Links to important reflexology
websites, and list of worldwide
reflexology organizations.

www.iol.ie/~footman/booklst.html
Lists useful reflexology books,
videos, and charts, and where to
purchase them.

Further reading

Gillanders, Ann
Reflexology: A Step-by-Step Guide
(Element Books, 1997)

Hall, Nicola
Reflexology: A Way to Better Health
(Newleaf, 2001)

Kunz, Kevin and Barbara
*Reflexology: Health at your
Fingertips*
(Dorling Kindersley, 2003)

Kunz, Kevin and Barbara
My Reflexologist Says Feet Don't Lie
(Reflexology Research Project Press,
2001)

Kunz, Kevin and Barbara
Hand Reflexology Workbook (Revised)
(Reflexology Research Project Press,
1999)

Kunz, Kevin and Barbara
*The Complete Guide to Foot
Reflexology (Revised)*
(Reflexology Research Project Press,
2005)

Kunz, Kevin and Barbara
*Hand and Foot Reflexology:
A Self-Help Guide*
(Simon & Schuster, 1992)

Lett, Anne
*Reflex Zone Therapy for Healthcare
Professionals*
(Churchill Livingstone, 2000)

Marquardt, Hanne
Reflex Zone Therapy of the Feet
(Inner Traditions Intl Ltd, 1996)

Eugster, Father Josef
*The Rwo Shur Health Method:
A Self Study Book on Foot
Reflexology*
(Geraldine Co., 1988)

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