

## SPINAL TWIST



## TOE ROTATION



SOLE MOVER



## SPINAL TWIST





MID-FOOT MOVER

STEP 7

HEAD & BRAIN

NECK

Working the tops of the toes



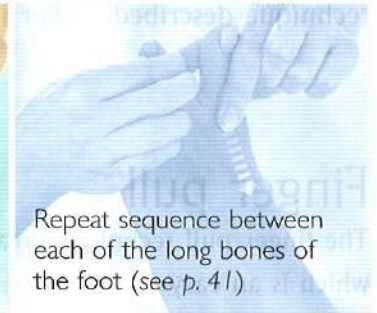
MID-FOOT MOVER

STEP 8

LUNG, CHEST & BREAST

LUNG, CHEST & BREAST

Working the top of the foot



Repeat sequence between each of the long bones of the foot (see p. 41)

ANKLE ROTATION

STEP 9

HIP & SCIATIC NERVE

OVARY/TESTICLE

Working the outside of the foot



LUNG PRESS

ANKLE ROTATION

BREATHING





# HAND DESSERTS

There are several hand reflexology dessert techniques that relax the hand and explore its flexibility and range of movement. Techniques such as the finger pull, the walk down/pull against, the palm rocker, and the hand stretcher provide a beginning, an end, and a transition between techniques. Some hand desserts may feature thumb walking, so simply apply to the hand the basic thumb walking technique described earlier in this chapter (*see p. 62*).

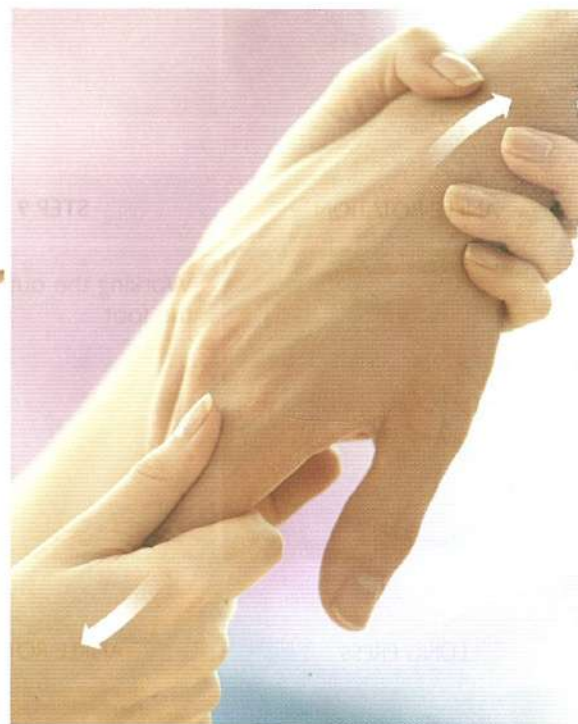
## LEARNING TIPS

The role of the holding hand and working hand are the same as with foot reflexology. The holding hand holds the hand steady or holds the fingers back to create a smooth working surface for the working hand.

Be careful not to over-apply hand desserts, moving the joints of the fingers more than they can comfortably absorb.

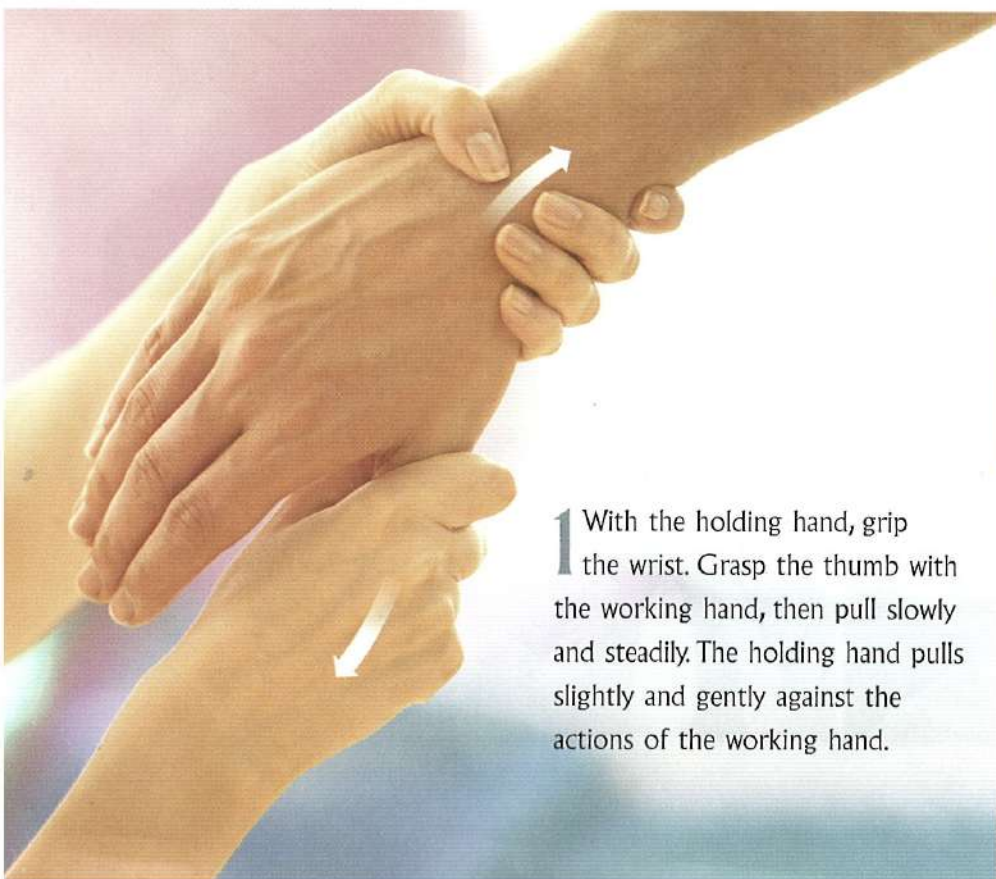
## Finger pull

The finger pull technique creates “traction,” which is an easy way to relax not just the fingers but the whole hand. During the day, the fingers are commonly subject to compression. This gentle pull loosens the joints and relieves compression.



**1** With the holding hand, grip the wrist. Grasp the thumb with the working hand, then pull slowly and steadily. The holding hand pulls slightly and gently against the actions of the working hand.

**2** Change the position of the holding hand slightly (*see above*). Apply the pull technique to the index finger, then repeat this pattern on each of the other fingers.





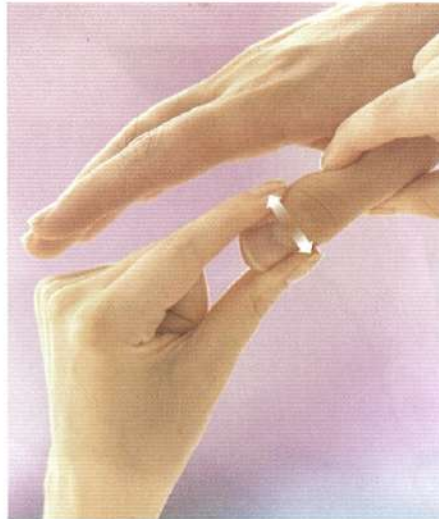
## Finger side to side

The goal of this technique is to move the finger joints in a different way than normal. The working

hand creates the slight side to side movement, while the holding hand keeps the finger steady.

**1** To use this technique, grip the thumb (*see right*). The holding hand grips the joint of the thumb nearest the hand, keeping the upper joint static. With your working hand, move the lower joint of the thumb from side to side. Repeat this movement several times.

**2** Move to the index finger and repeat, then repeat with each finger.



## Walk down/pull against

This technique stretches the fingers and the thumb. Holding the hand steady, you thumb walk with the other hand, to create a comfortable, enhanced

stretch. Drop the wrist to weigh down the fingers, stretching the inside of the thumb to be worked, and providing leverage for the working hand.



**1** Position the working thumb and fingers (*see above*). Make several thumb walking passes up the outside of the thumb, while stretching the inside of the thumb. Target the joint especially.

**2** Move on to the index finger, positioning the working thumb on the side of the finger. Thumb walk up the outside of the finger, while stretching the inside edge. Repeat several times.

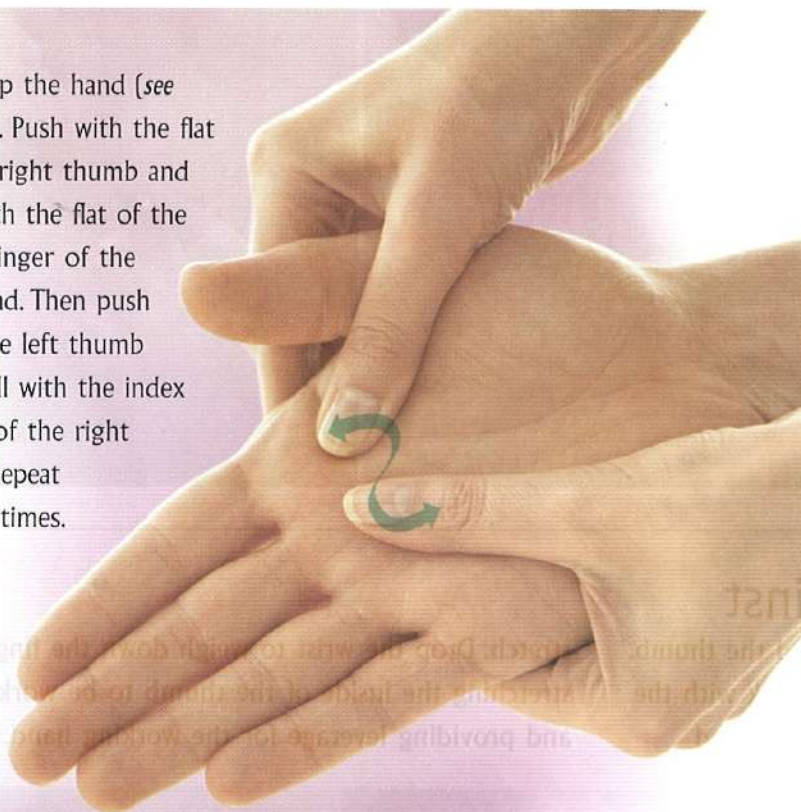
**3** Repeat this sequence on each of the fingers in turn several times to stretch the fingers.



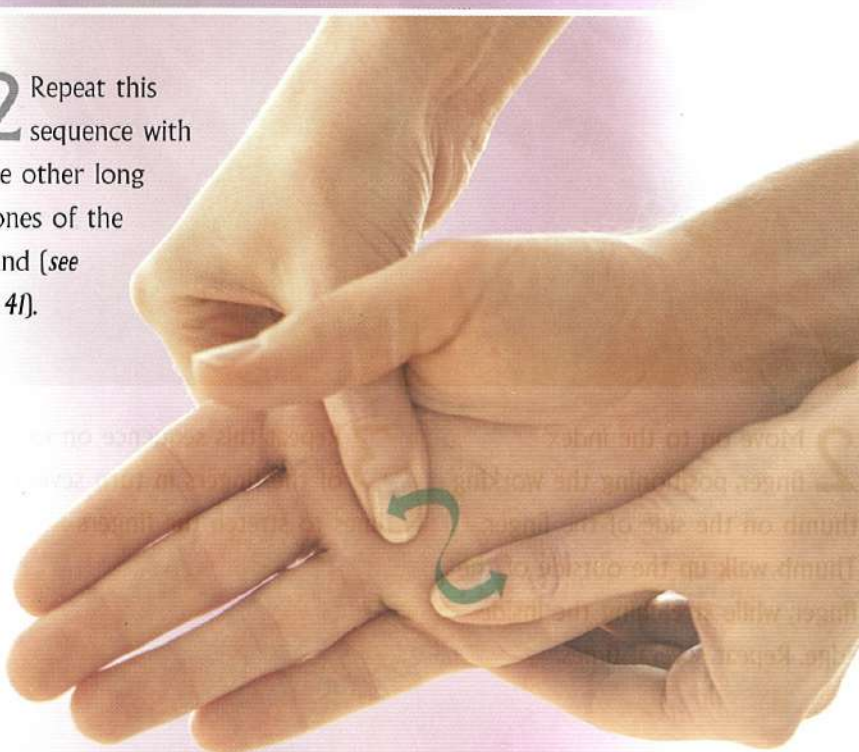
## Palm rocker

This dessert creates a rhythmic movement between the long bones of the hand by moving them back and forth alternately. This relaxes the hand, making it more receptive to reflexology work.

**1** Grasp the hand (see right). Push with the flat of the right thumb and pull with the flat of the index finger of the left hand. Then push with the left thumb and pull with the index finger of the right hand. Repeat several times.



**2** Repeat this sequence with the other long bones of the hand (see p. 41).



## Hand stretcher

This dessert creates a feeling of relaxation in the body of the hand by stretching the palms.



**1** Grasp the hand (see above). Turn your wrists outward, pressing up on the palm with your fingers.



**2** Counter this movement by then turning your wrists inward, pressing against top of the hand with your palms. Repeat these two actions alternately several times.



## Palm mover

This technique is akin to the wringing of the hands. Like the palm rocker (see opposite), the goal of the technique is to move the long bones of the hand to promote relaxation.

**1** Hold the hand steady at the wrist (see left). Press gently along the long bone of the index finger on top of the hand with the working fingers. As you do this, create a twisting counter-movement by simultaneously pulling up with the thumb, then release. Repeat the action several times.



**2** Move to the long bone of the ring finger. Press with the fingers while simultaneously creating counter-movement by pulling up with the thumb. Release and repeat several times, then repeat the sequence on the long bones of the other fingers.

## Palm counter-mover

This technique provides another way of creating movement in the long bones of the hand. It promotes movement from the opposite direction to that of the palm mover.

**1** Grasp the hand at the wrist (see right). Rest your working thumb on the top of the hand, on the knuckle of the index finger. Push downward with your thumb and simultaneously pull with the working hand to twist the outside of the hand upward. Release and repeat several times.



**2** Repeat several times on each of the knuckles along the top of the hand in turn.



# STEP 1

## Working the fingers and the thumb

The areas worked in this sequence, such as the brain, thyroid, parathyroid, and pituitary gland, direct many of the body's activities. Work these reflex areas on the hand to stimulate and enhance the functioning of corresponding parts of the body. Before starting the sequence, examine the hand for any areas of injury that should be avoided, and then apply a series of desserts.

**DESSERTS** Finger pull (p. 98) • Finger side to side (p. 99) • Walk down/pull against (p. 99) • Hand stretcher (p. 100)

### AREAS WORKED

**PITUITARY GLAND:** This helps regulate endocrine activity such as growth and metabolism.

**NECK:** Highly prone to tension, it may respond well to reflexology.

**THYROID & PARATHYROID GLANDS:** Help to regulate energy levels, metabolism, growth and blood calcium levels; pressure is applied to these reflex areas to enhance the functions of these glands.

**HEAD & BRAIN:** Control and coordinate all activity in the body, so a key part of a reflexology session.

**SINUSES:** Reflexology work aims to keep these air-filled cavities clear.



**1** To work the PITUITARY GLAND reflex area, hold the hand steady and draw the fingers back with your left hand. Now use your right index finger to repeatedly press the center of the thumb.



**2** Next, hold the thumb with your left hand to steady it. Starting at the base of the thumb, use the thumb walking technique to make a succession of passes across the thumb through the THYROID/PARATHYROID GLAND and NECK reflex areas.

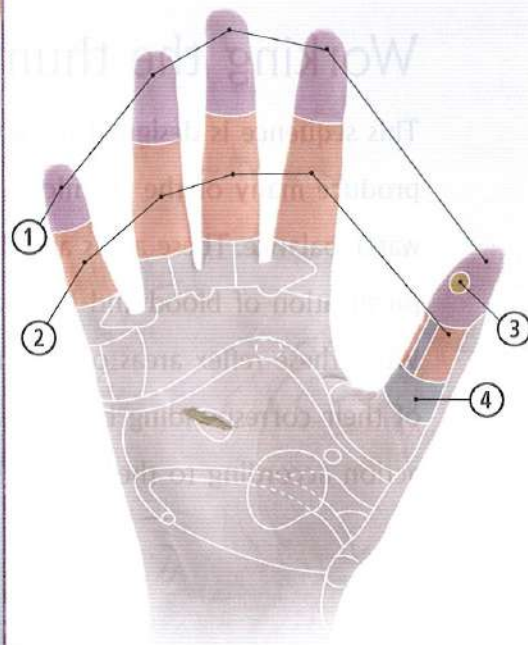


**3** Now make a series of passes higher up at the top of the thumb under the nail to work the HEAD, SINUS, and BRAIN reflex areas.



**4** Hold the fingers in place with your right hand. Thumb walk with your left hand, making passes across the NECK reflex area and the HEAD, SINUS, and BRAIN reflex areas.

## HAND ORIENTATION



## RIGHT HAND

By working reflex areas on the fingers and thumb, this section targets parts of the body around the head and neck.

The tip of each digit has a reflex area corresponding to the HEAD, BRAIN, and SINUSES (1). Below this, in the padded flesh under the first joint on each finger and thumb, is a reflex area for the NECK (2). The thumb, as well as having the reflex areas found on the fingers, contains two other reflex areas. In the center of its fleshy pad you can find the reflex area for the PITUITARY GLAND (3), and at its base is the area representing the THYROID and PARATHYROID GLANDS (4).

The reflex areas on the left hand exactly mirror those on the right, with the left hand relating to the left side of the body, and the right hand corresponding to the right.

**5** Work these reflex areas on the middle finger in the same way.

**6** Move on to the ring finger and apply the same series of passes.

**7** Finally, apply the same technique series to the reflex areas on the little finger.

## DESSERTS

Finger pull (p. 98) • Finger side to side (p. 99) • Walk down/pull against (p. 99) • Hand stretcher (p. 100)



## STEP 2

### Working the thumb and webbing

This sequence is designed to stimulate the parts of the body that produce many of the chemicals needed for digestion, energy, and water balance. These areas are also partly responsible for the purification of blood and fluid, as well as the digestion of food. Work these reflex areas on the hand to enhance the functioning of their corresponding body areas. Modify the strength of your action according to the receiver's comfort level.

#### AREAS WORKED

**ADRENAL GLANDS:** Working these may help regulate levels of hormones, including adrenaline.

**PANCREAS:** This is responsible for stabilizing blood glucose levels.

**STOMACH:** Aim to assist digestion by targeting this reflex area.

**UPPER BACK:** Working this area may ease tension in the upper torso.

**KIDNEYS:** Strain fluids in the blood for excretion or absorption.

**1** Start by holding back the fingers and thumb with the right hand. To find the **ADRENAL GLAND** reflex area, place the tip of your left index finger in the center of the fleshy palm, midway along the long bone below the thumb. A reaction of sensitivity will indicate that you've found the reflex area. Exert pressure repeatedly with the tip of the finger.



**2** Now thumb walk through the **PANCREAS** reflex area with your left thumb.







**3** Move on, repositioning the left thumb to apply a series of passes throughout the STOMACH reflex area.

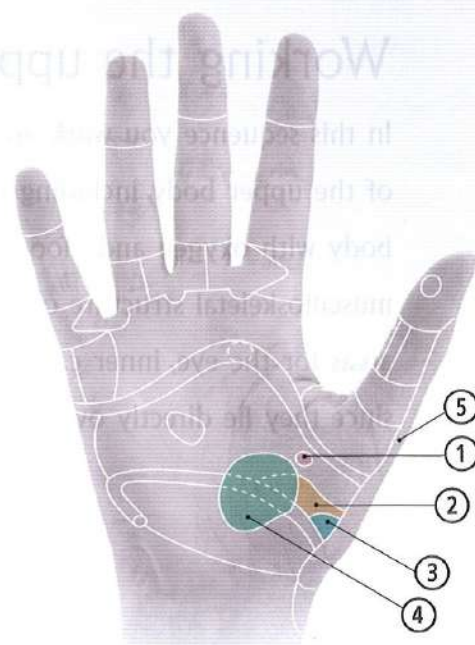


**4** To work the UPPER BACK and KIDNEY reflex areas, position the left thumb in the webbing of the hand. Apply the thumb walking technique in successive passes throughout the webbing and into the body of the hand.

**5** Next, to work the KIDNEY reflex area more thoroughly, position the left thumb and index finger on opposite sides of the hand. Press into the KIDNEY reflex area on the webbing. Hold for several seconds. Reposition and press again. Find the most sensitive area and apply pressure, modifying the strength of your action according to comfort level.



## HAND ORIENTATION



## RIGHT HAND

Working the reflex areas in the center and in the fleshy heel of the palm targets a number of internal organs as well as the upper back.

The areas corresponding to the ADRENAL GLANDS (1), STOMACH (2), PANCREAS (3), and KIDNEYS (4) are grouped together—in a similar manner to the way these organs are grouped in the body itself. The UPPER BACK reflex area lies close by on the edge of the palm (5), and above the diaphragm reflex area as well.

The reflex areas on the left hand exactly mirror those on the right, with the right hand relating to the right side of the body and the left hand corresponding to the left, except where the reflex areas relate to the stomach and pancreas. For both of these, the reflex areas on the right hand are much smaller than those on the left.

## DESSERTS

Finger pull (p. 98) • Hand stretcher (p. 100) • Palm mover (p. 101)



# STEP 3

## Working the upper palm

In this sequence you work areas that correspond to parts of the upper body, including those responsible for providing the body with oxygen and blood, along with those relating to the musculoskeletal structure of the chest and upper back. Reflex areas for the eye, inner ear, and ear are also worked in this step, since they lie directly over the shoulder reflex areas.

### AREAS WORKED

**HEART:** Targeting this reflex area is thought to help to keep the heart functioning well.

**CHEST & LUNGS:** Apply reflexology to these reflex areas to help keep the chest and lungs open.

**UPPER BACK & SHOULDERS:** Working these reflex areas may ease tension in the upper torso and the shoulders.

**EYES:** Reflexology may help soothe sore eyes.

**EARS:** The application of reflexology techniques may help ease an earache or tinnitus.



**1** With your right thumb, make several passes over the HEART reflex area at the base of the thumb. Then starting at the DIAPHRAGM area, walk through the CHEST, LUNG, and UPPER BACK reflex areas. Make several passes.



**2** Move on to the next segment of the CHEST, LUNG, and UPPER BACK reflex areas and apply the thumb walking technique in a succession of passes.



**3** Change hands. Hold the fingers back with the right hand and apply the thumb walking technique with the left. Begin with the DIAPHRAGM reflex area and thumb walk up the SHOULDER reflex area.

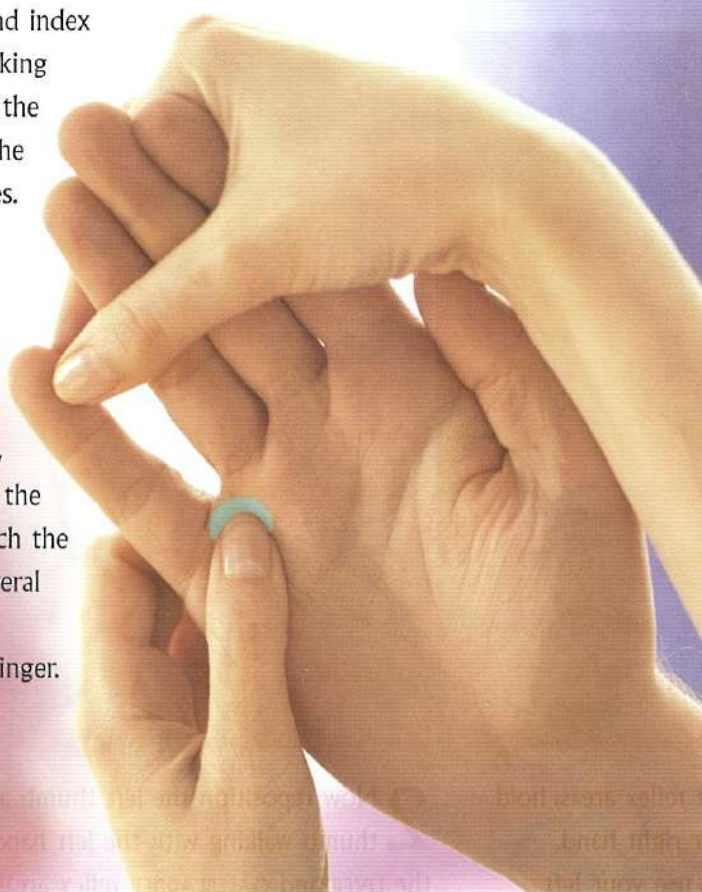




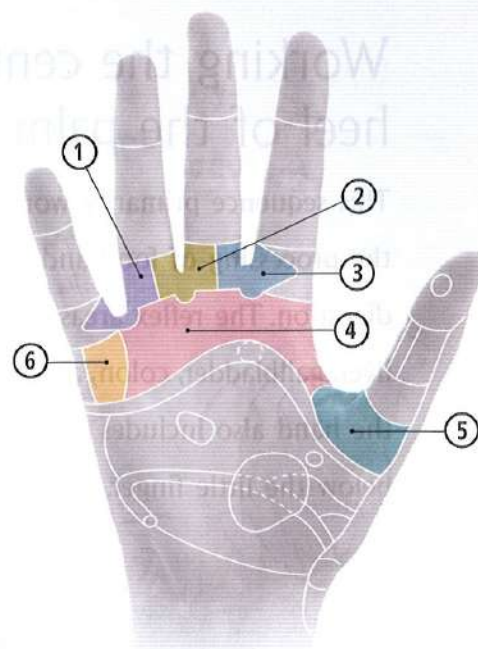
**4** To work the EYE reflex area, spread and hold the index and middle fingers apart with the left hand. With the thumb and index finger of your working hand, gently pinch the webbing between the fingers several times.

**5** Position the thumb and index finger on the INNER EAR reflex area. Apply a gentle pinch to the webbing between the fingers several times.

**6** Change hands, moving on to the EAR reflex area. Pinch the webbing gently several times with the left thumb and index finger.



## HAND ORIENTATION



## RIGHT HAND

Working the upper part of the palm targets three groups of reflex areas: the eyes and ears; the chest, lungs, and heart; and the shoulders and upper back.

The EAR **1**, INNER EAR **2**, and EYE **3** are located between the index and middle, middle and ring, and ring and little fingers respectively. The CHEST, LUNG, UPPER BACK reflex area is a band across the top of the palm **4**. On the hand map, these three areas occupy the same space but, in same way as the upper back is located "behind" the lungs, the upper back reflex area actually lies behind the lung and chest reflex areas. The HEART reflex area is located at the base of the thumb **5** and the SHOULDER at the base of the little finger **6**.

The reflex areas on the left hand exactly mirror those on the right, with the left hand relating to the left side of the body and the right hand corresponding to the right.



## STEP 4

### Working the center and heel of the palm

This sequence primarily works reflex areas associated with the processing of food and the elimination of waste after digestion. The reflex areas worked here correspond to the liver, gallbladder, colon, and small intestine. This part of the hand also includes the arm reflex area, which lies just below the little finger.

#### AREAS WORKED

##### LIVER & GALLBLADDER:

Reflexology may help these organs regulate chemical levels in the blood, excreting the unwanted substances as bile.

**ARM:** Prone to stiffness, the limb of the upper body may respond well to reflexology.

**COLON:** Apply reflexology to this area to aid in the storage and expulsion of waste products in the form of fecal matter.

**SMALL INTESTINE:** Working this reflex area may assist the small intestine in breaking down food.



**1** To work the LIVER and GALLBLADDER reflex areas, hold the hand in front of you with your right hand. Starting at the DIAPHRAGM reflex area, use your left thumb to apply the thumb walking technique.



**2** Now reposition the left thumb and continue thumb walking with the left hand through the LIVER and GALLBLADDER reflex areas with a series of passes.





**3** To continue work on the LIVER and GALLBLADDER reflex areas, change hands, holding the fingers with your left hand. Apply a series of thumb walking passes with your right hand.

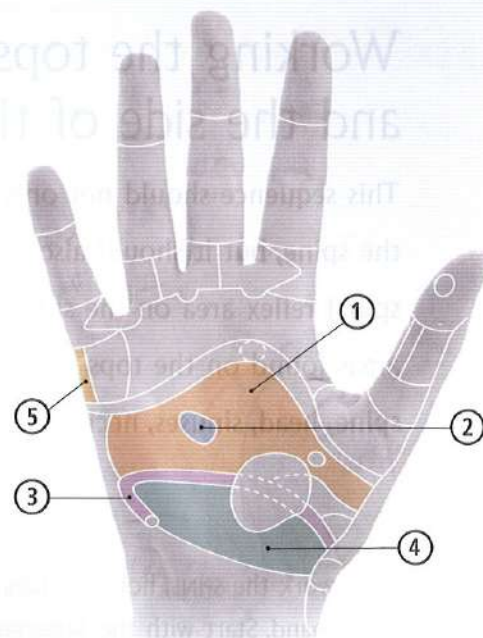


**4** Next, position the right thumb and index finger to press on the fleshy outer part of the hand—the ARM reflex area. Reposition and press again, continuing up the hand.



**5** To work the COLON and SMALL INTESTINE reflex areas, hold the hand steady with your left hand and use your right thumb to make a series of thumb walking passes.

## HAND ORIENTATION



## RIGHT HAND

Working reflex areas in the fleshy parts of the palm and the heel of the hand targets mostly reflex areas relating to the digestive organs.

The large liver area stretches across the palm ①, enclosing the GALLBLADDER reflex area ②. The COLON reflex area runs across the heel of the hand ③ bordering the SMALL INTESTINE area ④. The ARM reflex area is located in the fleshy pad just below the little finger ⑤.

Usually the reflex areas on the left and right hands mirror one another exactly. However, the gallbladder and the liver reflex areas only feature on the right hand, and not on the left. On the left hand, the spleen lies in a position approximately corresponding to that of the gallbladder on the right hand. The different parts of the colon are reflected on the hands in the same way they are on the feet (see p. 83).



## STEP 5

### Working the tops of the fingers and the side of the thumb

This sequence should not only help to relax muscular tension in the spine, but it should also relieve any associated pain. Work the spinal reflex area on the side of the thumb, and the other reflex areas found on the tops of the fingers and the thumb to treat the spine, head, sinuses, neck, teeth, gums, and jaw.

**1** To work the **SPINE**, hold the hand upright with your left hand. Start with the **TAILBONE** reflex area and use your right thumb to walk up along the bony edge of the hand. Continue up through the midback area of the **SPINE** reflex area, too. Make several passes.

#### AREAS WORKED

**SPINE:** This reflex area runs the entire length of the inside of the hand, mirroring the way the spine runs down the torso.

**NECK:** Highly prone to tension, it may respond well to reflexology.

**HEAD & BRAIN:** Control and coordinate all activity in the body, so a key part of a reflexology session.

**SINUSES:** Reflexology work aims to keep these air-filled cavities clear.

**TEETH, JAWS & GUMS:** Apply reflexology to promote the effectiveness of this network of tissue and bone responsible for breaking down food in the mouth.

**2** To continue working the **SPINE**, hold the thumb steady with your left hand. Walk your right thumb through the **UPPER BACK** reflex area.

**3** Continue by thumb walking with the right hand through the **NECK** reflex area.







**4** To work the HEAD, BRAIN, SINUS, NECK, TEETH, GUMS, and JAW reflex areas, begin by holding the thumb steady with your left hand. Thumb walk with your right hand across the top of the thumb several times.



**5** Move on to the index finger, to work the next portion of these reflex areas. Hold the finger in place with the left hand and thumb walk through the area with the right thumb. Repeat several times.

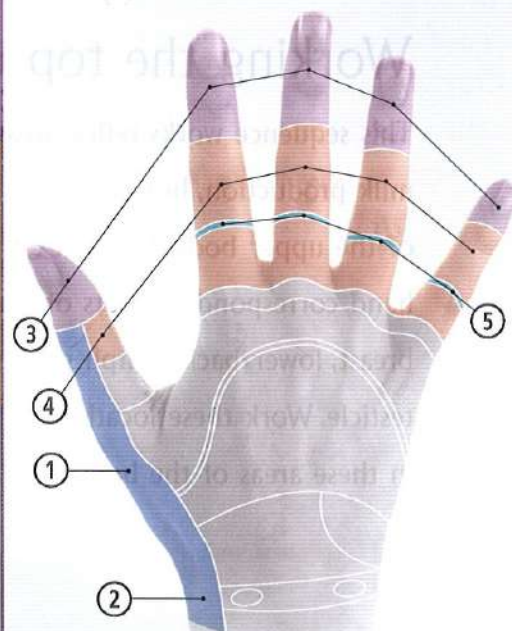


**6** On the middle finger, work the next portion of the HEAD, BRAIN, SINUS, NECK, TEETH, GUMS, and JAW reflex areas. Steady the finger and thumb walk through the area.



**7** Change hands to work the HEAD, BRAIN, SINUS, NECK, TEETH, GUMS, and JAW reflex areas on the ring finger, and then on the little finger.

## HAND ORIENTATION



## RIGHT HAND

Working the tops of the fingers and the side of the thumb targets the spine and anatomical structures of the face and head.

Replicating the way the spine runs down the back, the reflex area for the SPINE runs down the inside of the thumb (1), with the TAILBONE area at the bottom, near the wrist (2). The areas representing the HEAD, BRAIN, and SINUS all occupy the same reflex area, which runs from the tip to the first joint on each of the five digits (3). Underneath it—again on each of the five digits—is the reflex area for the NECK (4). Finally the reflex area for the TEETH, GUMS, and the JAW is a very narrow band at the second joint on each finger (5).

The reflex areas on the right and left hand mirror one another perfectly, with the left hand relating to areas on the left side of the body, and the right hand relating to the right side of the body.

## DESSERTS

Palm rocker (p. 100) • Hand stretcher (p. 100) • Palm mover (p. 101)



## STEP 6

### Working the top of the hand

This sequence works reflex areas corresponding to respiration, milk production, heart action, and the musculoskeletal structure of the upper body. The reflex areas on the top of the right hand correspond to parts of the right side of the body: lung, chest, breast, lower back, lymph glands, groin, knee, leg, and ovary or testicle. Work these locations to stimulate and enhance function in these areas of the body.

#### AREAS WORKED

**CHEST & LUNGS:** Apply techniques to these reflex areas to help to loosen a tight chest and open up passageways in the lungs.

**BREAST:** Use reflexology to help regulate the production of milk in lactating women.

**UPPER & LOWER BACK:** Working these reflex areas may ease pain in the back.

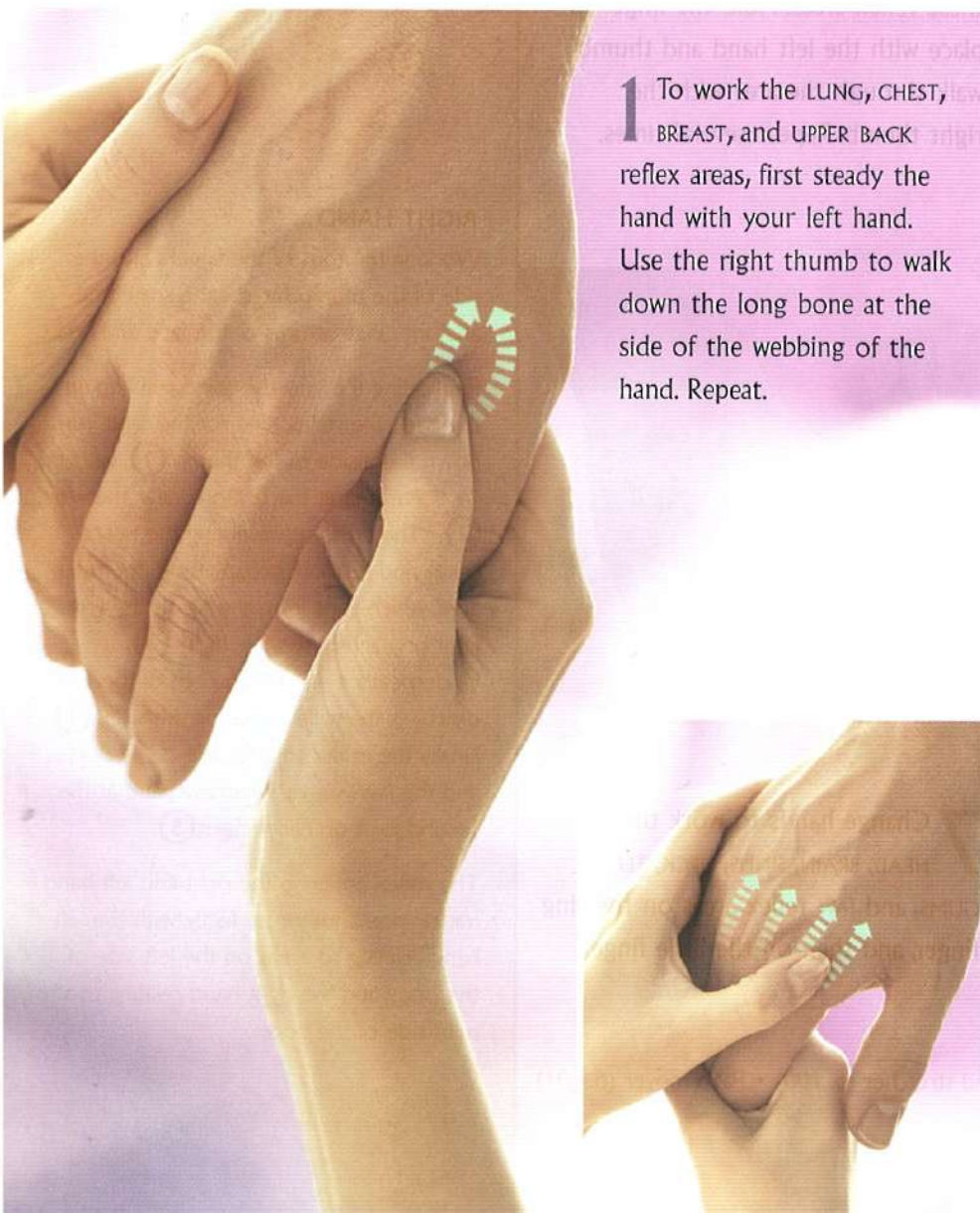
**LYMPH GLANDS, FALLOPIAN TUBES & GROIN:** These areas may respond well to reflexology.

**OVARY/TESTICLE:** To enhance function of the female and male sex organs, use reflexology techniques regularly.

**UTERUS/PROSTATE:** Application of reflexology techniques aims to enhance function of the uterus in females and prostate in males.

**1** To work the LUNG, CHEST, BREAST, and UPPER BACK reflex areas, first steady the hand with your left hand. Use the right thumb to walk down the long bone at the side of the webbing of the hand. Repeat.

**2** To work the next part of these reflex areas, change hands. The right hand holds the hand steady while the left thumb walks between the long bones, making a series of passes up the top of the hand.







**3** Next, use all four fingers on the right hand to finger walk across the LOWER BACK reflex area. Repeat several times.



**4** Change hands and walk the left thumb through the LYMPH GLANDS, FALLOPIAN TUBES, and GROIN reflex areas. Make a series of passes.

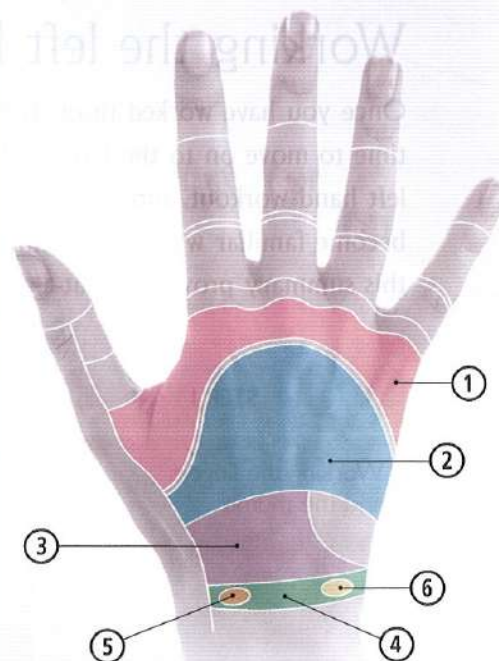


**5** Pinpoint the OVARY/TESTICLE reflex area with your left index finger. Use the rotating on a point technique, moving the hand in a clockwise direction, then counterclockwise. Repeat several times.



**6** Change hands and pinpoint the UTERUS/PROSTATE reflex area, rotating the hand repeatedly in a clockwise and then in a counterclockwise direction.

## HAND ORIENTATION



## RIGHT HAND

The back of the hand contains reflex areas in wide bands. Close to the fingers is the reflex area for the UPPER BACK, LUNG, CHEST, and BREAST **1**. Though drawn as one area, the upper back reflex area lies on top of the others—mirroring the way that in the body the back is on the surface with the lungs “beneath” it. There is a second reflex area for the UPPER BACK **2** and, moving toward the wrist, the LOWER BACK reflex area **3**.

In a narrow band near the wrist is the reflex area for the LYMPH GLANDS, FALLOPIAN TUBES, and GROIN **4**. Within this, the reflex area for the TESTICLE in men or the OVARY in women can be found **5**, and also the area for the PROSTATE (in men) or the UTERUS (in women) **6**.

The left hand exactly mirrors the right hand, and reflex areas on the right hand correspond to the right side of the body, while reflex areas on the left hand relate to the left.

**DESSERTS** Finger pull (p. 98) • Hand stretcher (p. 100) • Palm mover (p. 101)



# STEP 7

## Working the left hand

Once you have worked through the full sequence on the right hand, it's time to move on to the left hand. These pages outline the sequence for a left hand workout, and also provide a useful workout summary. Once you've become familiar with how techniques are applied to each part of the hand, this summary provides an at-a-glance reminder of the complete sequence.

### DESSERTS

Before beginning the sequence, check the hand for cuts, bruises, and areas to be avoided when working

#### STEP 1

Working the fingers and the thumb

#### PITUITARY GLAND

#### NECK, THYROID & PARATHYROID GLANDS

#### HEAD, SINUS & BRAIN



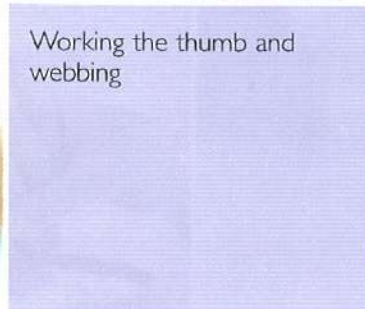
#### WALK DOWN/PULL AGAINST

#### HAND STRETCHER

#### STEP 2

#### ADRENAL GLAND

Working the thumb and webbing



#### KIDNEY & UPPER BACK

#### KIDNEY

#### DESSERTS

#### FINGER PULL

#### HAND STRETCHER





FINGER PULL



SIDE TO SIDE



WALK DOWN/PULL AGAINST



HAND STRETCHER



HEAD, NECK, SINUS & BRAIN



HEAD, NECK, SINUS & BRAIN



DESSERTS

FINGER PULL



SIDE TO SIDE



PANCREAS



STOMACH



STOMACH



STOMACH

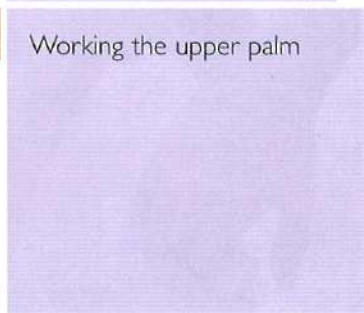


PALM MOVER



STEP 3

Working the upper palm



CHEST, LUNG & UPPER BACK



CHEST, LUNG & UPPER BACK

