

14

Reflexology

Learning objectives

This chapter will cover the following:

- **a brief history of reflexology**
- **what reflexology is and how it works**
- **mapping the feet**
- **reading the feet**
- **treatment techniques**
- **preparing for treatment**
- **contra indications to reflexology treatment**
- **a reflexology treatment**
- **treating the hands**

Before reading this chapter review the following chapters:

- Chapter 4, Anatomy and physiology
- Chapter 5, Client care
- Chapter 8, Classification of massage techniques.

Chapter 14 will introduce you to reflexology, a divine treatment that uses pressure techniques on a small area of the body achieving profound results. It will help to restore the body's equilibrium and balance the mind and spirit. This chapter will take you through the treatment process, from mapping the foot (and hand) to treatment techniques and practices, so that you can offer a safe and effective reflexology treatment.