

## **CHAPTER 14 REFLEXOLOGY**

### **Knowledge review answers**

1. The different techniques that are used during a reflexology treatment are:
  - thumb walking or caterpillar e.g. walk walking over the big toe
  - finger walking e.g. over the chest lymphatic
  - finger walking e.g. adrenal
  - rotating e.g. solar plexus
  - pinch grip e.g. sinus/lymphatic
  - finger press e.g. eustachian/ balance
2. A cross reflex is the cross over between the opposite area within the zone framework. This connection is used to link the energy flow from the upper and lower body. If one area or organ is out of balance the whole zone may be affected.
3. Some sensations a client might experience during treatment include:
  - Pressure
  - Sensitivity, as if the skin is sore or tender, the area feels bruised, or the area feels sharp as if a nail, splinter or sharp object is pushing into the skin.
  - Pain
  - Crystals
  - Travelling sensations
  - Sensations in the body
4. Contra actions the client might experience include:
  - Adverse
  - feeling light headed
  - a general tingling feeling
  - twitching legs
  - Increase in urination
  - Increase in bowel movements, wind and or motions (increased peristalsis)
  - Cold sweats, clammy hands
  - Increased mucous secretions
  - (Vaginal, nose, throat, chest)
  - Change in sleep patterns
  - Nausea
  - Non adverse contra actions
  - Feeling of tiredness
  - Feeling of thirst
  - Increase in the feeling of well being
  - Relief from muscular tension and stress
  - Clearer mental awareness
  - Heightened emotions
5. The client should drink plenty of water to flush the system; toxins will have been released from the manipulation of the soft tissues where applicable or as a result of

the body relaxing and releasing tension. Advise the client to avoid strenuous activity for a few hours; ideally the client should go home to rest and relax. Avoid alcohol and stimulants, including any drink with caffeine in it, e.g. cola. The client may drink herb / fruit teas or infusions. If driving keep a window open. Advise the client of any possible contra actions/adverse reactions You should also advise the client when they should return for further treatment and if appropriate discuss any suitable products they should be using at home – hopefully this will become a retail opportunity.

6. It is important to carry out a comprehensive treatment to ensure that a safe effective treatment is given to the client. It is also important to establish the client's expectations and to discuss the treatment with the client. A full medical history is required including any medication that the client is taking.