

Reflexology

A 10 minute trial session for Public Events

Direct the client to remove his/her shoes and socks and sit comfortably.

Before beginning: Ask if there are any health concerns that you should be aware of and if there are more than one, ask the client to fill out the health questionnaire provided by RAC.

Ask if he/she has ever previously had a Reflexology session. If not, it is important during your 10 minutes to explain to them what reflexology is, the benefits and what to expect in a full session. Be informative. Answer any questions your client may have. It is important to let clients know, that what they will experience is only a demonstration and not a full treatment.

In preparation: Use baby wipes and clean both feet of the client. Do a quick foot inspection.

The session - For each foot:

- 1 minute to warm up the foot and relax the client, do some **relaxation techniques**, which can be side to side friction, ankle rotation, dorsal and plantar stretch or butterfly stretch.
- 1 minute Thumb walk the Five zones on the plantar side.
- 1 minute Slide down in-between the toes, stop and work the Lymph Drainage point - Snow plow the dorsal side and work the groin lymphatic - then compress both sides of the Achilles tendon and travel upwards 6-7 inches.
- 30 seconds Work the reflexes - Zone 1 - dorsal, medial, plantar.
- 30 seconds Work the reflexes - Zone 5 dorsal, lateral, plantar.
- 1 minute Work with both thumbs in Zone 2, 3, 4 - traveling from the diaphragm to the heel line, knuckle the heel. In the end, gently **sweep the five zones** with your fingers.

Before beginning with the other foot, ask if he/she can feel a difference between the feet.

Important: Be careful using lotions/oils on the feet after treatment as this is a show and the client will be on their feet for quite some time. Nylon socks can cut especially on soft damp feet.

Converse with your client while he/she is putting their socks and shoes back on.

Wash or clean your hands.

Remember, Reflexologists do not diagnose, prescribe or treat specific diseases or health conditions.