

# Self management of relaxation using foot reflexology



**Reflexology is a therapy that uses the feet and hands to treat the whole body. It is based on the principle that areas act as a map with specific points or reflexes, corresponding to systems and organs of the body.**

Comfort levels should be maintained at all times, so ensure you are in a good position. Lowering the lights & some soothing background music can enhance the treatment. Use the technique as and when required with your choice of cream or oil. Hold each position firmly for approximately 5–10 seconds, then release. This can be done for 1–2 mins per section. Complete the routine on each foot, keeping the other foot covered for comfort. This can be done by yourself or with assistance from another. Feet can be elevated on a foot stool or rise and recline chair or resting on the bed for comfort.



## 1 The Warm Up

Apply cream or oil to your hands and warm before gently massaging over the foot area and lower leg.

## 2 Solar Plexus

Using your thumb, find the solar plexus point, which is just below the ball of your foot, right in the centre. Take a moment to concentrate on the breath, after a minute or two start doing small circles on this point using a gentle pressure.



## 3 Shoulder Release

Slide your thumb up over the shoulder reflex, which are immediately beneath the little toe's neck. Small thumb walks & circles over the area can help relax your shoulders.



## 4 Breathe Easy

Just below the ball of your foot is your diaphragm. Move along this line across your whole foot using a thumb walk at least three times. This will relax the breathing muscles and ease tension.



## 5 Calming Spot

To find your adrenals, follow a line straight underneath the ball of your big toe and slightly towards the inside of the foot, half way between the ball of your big toe and the highest point of the arch. Apply gentle pressure with deep breaths. This will improve your energy, quality of sleep and ability to focus, as well as help you manage stress.



## 6 Soothing Head & Neck

The head/brain reflexes cover the whole of the big toe. Using the thumb, sweep the toe pad to help calm the mind and clear the head. The pituitary is in the middle of the big toe, press to regulate hormones and mood. The neck runs horizontally along the crease under the base of the big toe. Walk or slide the thumb across to release pain and tension in the muscles, and encourage freedom of movement.



## 7 Ending the Treatment

Finish by gently massaging over the whole foot area and lower leg. Repeat 2–3 times. Take a few deep, relaxing breaths and rest as needed.



### Contact Details

If you require further advice please contact the Weldmar Complementary Therapy Team [complementarytherapy@weld-hospice.org.uk](mailto:complementarytherapy@weld-hospice.org.uk)



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