

Self management of relaxation using hand reflexology



Reflexology is a therapy that uses the hands and feet to treat the whole body. It is based on the principle that areas on the hands and feet 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 hand, keeping the other hand covered for comfort. This can be done by yourself or with assistance from another.

1 The Warm Up

Apply cream or oil to the hands and gently massage into the hands, fingers and wrists to warm the area.

2 Solar Plexus

Place a thumb in the centre of the palm. As you apply gentle pressure, take a comfortable breath in and out. This relieves stress and brings a sense of relaxation.



3 Breathe Easy

Gently apply pressure to the top pad of each finger and gently rotate. This can relieve congestion in your sinus area and assist with freedom of breath.



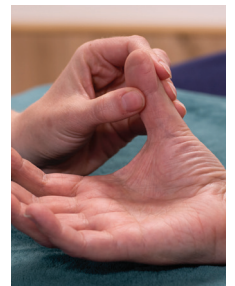
4 Arm and Shoulder Release

Under the base of the little finger & the outer aspect of the hand, are the arm and shoulder areas. These finish about 1/3 way down the hand. Small circular movements moving towards the wrist will encourage muscle relaxation and tension release.



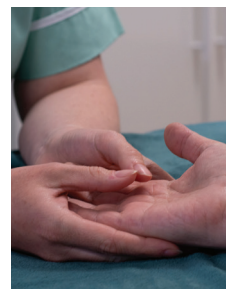
5 Thumbs

Locate the pituitary gland in the centre of the thumb pad where the swirl is. Rotate on this area with a gentle pressure. This will help to boost energy, elevate mood and regulate hormonal activity. The neck runs horizontally along the crease under the thumb. Gently massage along the thumb line to relieve tension in the neck and base of the skull.



6 Ending the Treatment

To end the treatment apply a sweeping motion over the hands. Apply gentle pressure to the solar plexus with some deep breaths to complete the treatment.



Contact Details

If you require further advice please contact the Weldmar Complementary Therapy Team
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