



*Ontario College of
Reflexology*

Reflexology Foot Procedure

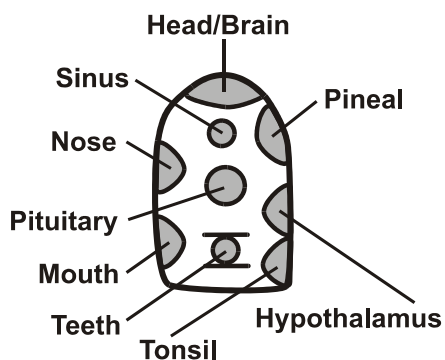
N101 - Foot Reflexology Course

Chapter 16

Ver. 3.3

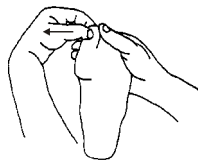
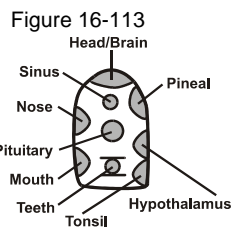
Head Area - Large Toe:

Figure 16-112 Reflexes of the First Toe



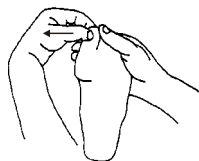
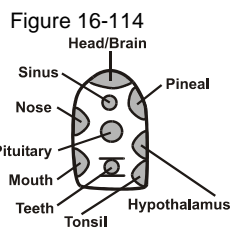
64. Head Area Reflex - Zone 1

- **Zone 1** - Work the first toe in **Zone 1**. Locate the *teeth* and *sinus* reflexes in **Zone 3** of the big toe from the base **upward vertically** to the top and on all sides of the toe with your thumb and fingers at the same time by squeezing or using the zoning technique. Hook into these reflexes. Then, hook into the *head/brain* reflex on the top of the toe three (3) times. See Figures 16-112 and 16-113.



65. Head Area Reflex - Tonsil Reflex

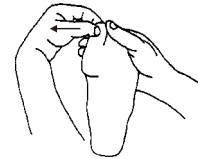
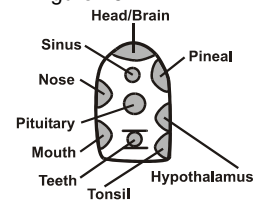
- Locate the *tonsil* reflex **above** the *transverse neckline* in **Zone 5** of the big toe (lateral side of the big toe) and hook into this reflex three (3) times with your thumb by pushing in and drawing **horizontally** to the **medial** (inside) aspect of the foot. See Figures 16-112 and 16-114.



66. Head Area Reflex - Mouth Reflex

- Locate the *mouth* reflex on the **medial** side of the big toe in **Zone 1**, just above the *transverse neckline* and hook **upward** three (3) times with your thumb. See Figures 16-112 and 16-114.

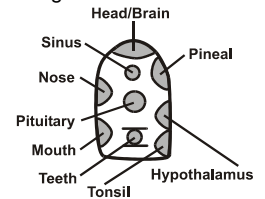
Figure 16-114



67. Head Area Reflex - Hypothalamus Reflex

- Locate the *hypothalamus* reflex $\frac{1}{3}$ of the way **up** from the base of the big toe or the *transverse neckline*, above the *tonsil* reflex and hook into this reflex three (3) times by pushing in and drawing **horizontally** to the **medial** (inside) aspect of the foot. See Figures 16-112 and 16-114.

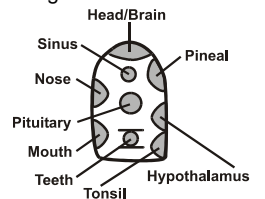
Figure 16-114



68. Head Area Reflex - Pituitary Reflex

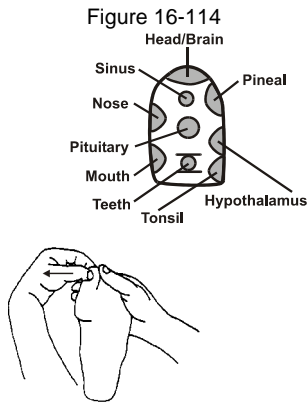
- In the middle of **Zone 3** of the big toe, imagine a line drawn down the centre of the big toe and another line crossing it horizontally at the widest points of the big toe. Where the lines **cross** is the *pituitary gland* reflex. Hook into this reflex three (3) times with your thumb by pushing in and drawing **horizontally** to the **medial** (inside) aspect of the foot. See Figures 16-112 and 16-114.

Figure 16-114



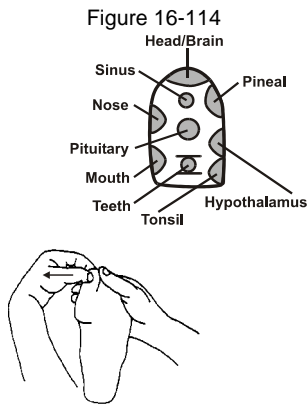
69. Head Area Reflex - Nose Reflex -

Locate the *nose reflex* on the **medial** side of the big toe in **Zone 1**, just above the upper half of the big toe and thumb-walk **upward** over this reflex. Then hook, pushing **upward** three (3) times with your thumb. See Figures 16-112 and 16-114.



70. Head Area Reflex - Pineal Reflex -

Locate the *pineal reflex* $\frac{3}{4}$ of the way **up** from the base of the big toe or the *transverse neckline* and hook into this reflex three (3) times by pushing in and **d r a w i n g** **horizontally** to the **medial** (inside) aspect of the foot. See Figures 16-112 and 16-114.

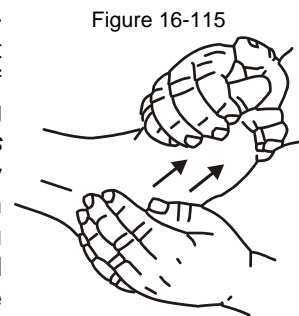


71. Clean-out the *big toe* using the *clean-out technique* by drawing your fingers and thumb **upward**.

Foot Clean-Out and Toe Rotation:

72. Foot Clean - Out -

Clean out the foot with the palms of your hands beginning at the *Achilles tendon*, **gently** squeeze or pinch forward **toward** you with your fingers and thumb. Stroke the areas from the heel (top and bottom) **upward** to and over the toes. See Figure 16-115.



73. Toe Rotation Technique -

Using the *Toe Rotation Technique* for every toe, **gently** rotate the toe slowly and evenly in full circles. Rotate in both direction three (3) times. See Figure 16-116.



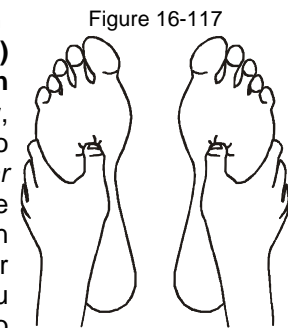
74. The left foot is now completed.

Session Closing:

1. Oil Application (Optional) - Beginning at the back of each foot and continually moving forward to the toes, apply olive oil (a small amount) with your hands and fingers to the feet, working the olive oil into the reflexes with solid pressure. Wipe off excess oil from the feet, especially between the toes.

2. Solar Plexus Push Technique (Optional)

- Working with **both feet simultaneously**, press both thumbs into the *relative to solar plexus reflexes* as the client breathes in deeply with your guidance. As you request the client to breathe out, *partially release* the pressure on the *relative to solar plexus reflexes*. Repeat two (2) more times and on the last exhalation, release the pressure on the reflexes slowly and completely. See Figure 16-117.



3. Feather Touch Technique -

With both hands, using the *Feather Touch Technique*, brush the foot with very light strokes (barely touching the foot) from the back of the foot, from the bottom of the heel upward to the toes on both sides (top and bottom) of both feet. See Figure 16-118.



The body is now functioning in a parasympathetic response, returning to a state of homeostasis.