Reflexology Foot Procedure

N101 - Foot Reflexology Course

Chapter 16
Head Area - Large Toe:

64. Head Area Reflex - 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.

67. Head Area Reflex - Hypothalamus Reflex - Locate the hypothalamus reflex ¼ 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.

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.
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** ¾ 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 drawing 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** - Begin with the palms of your hands 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 foot, 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 reflexes as the client breathes in deeply with your guidance. As you request the client to breathe out, partially release the pressure on the 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.