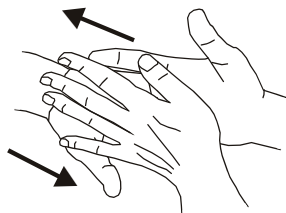
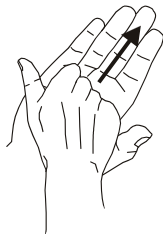
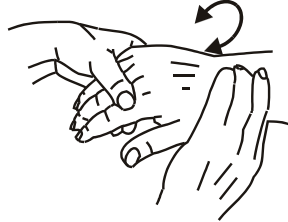
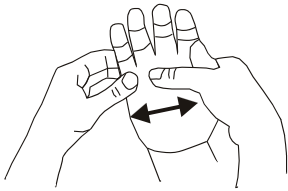
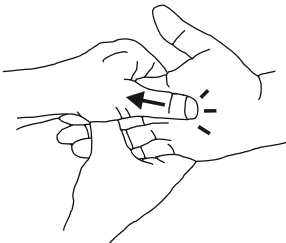
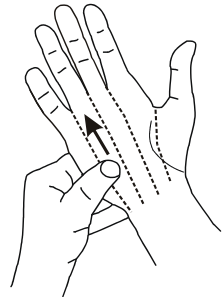
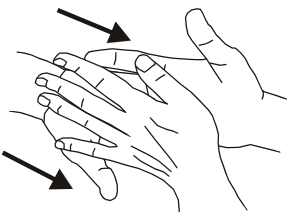
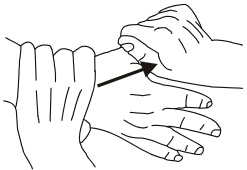
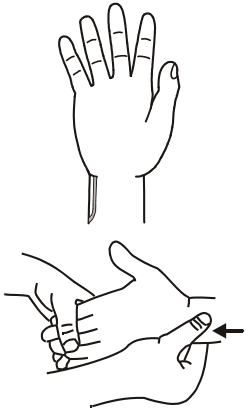
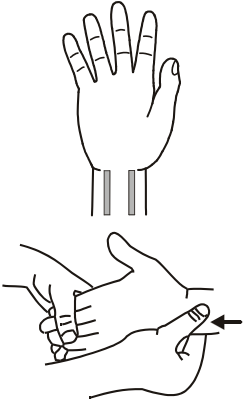
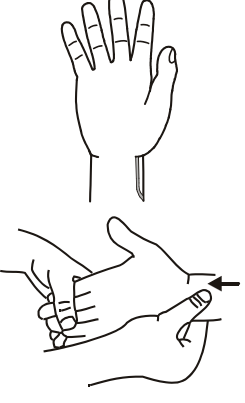
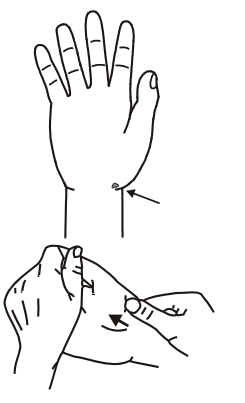
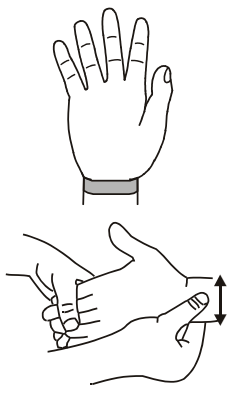


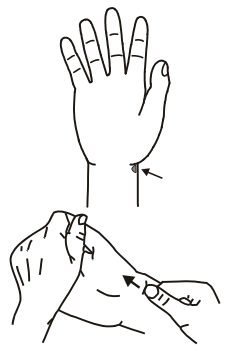
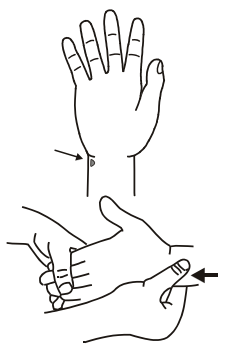
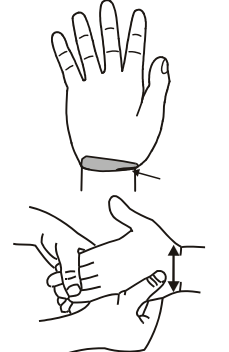
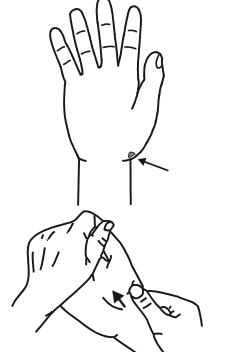
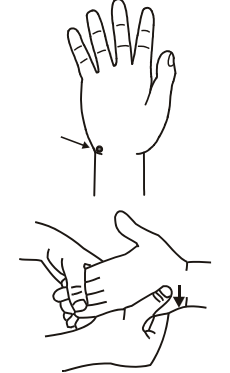
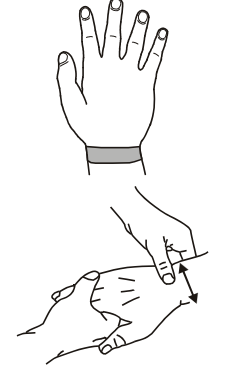
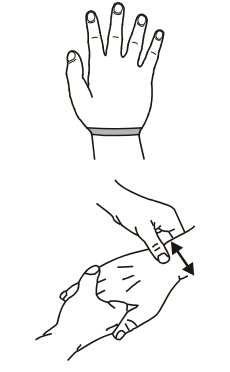
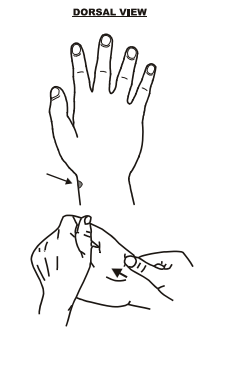
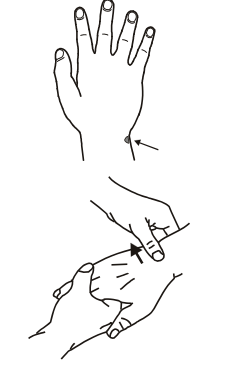
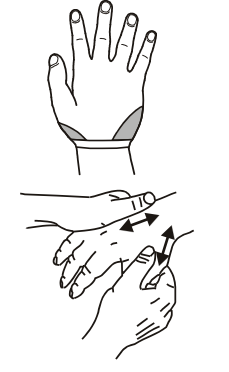
Summary of Reflexology Hand Procedure - Right Hand

1. Cleanse Hands	2. Hand Examination	Relaxation Warm Ups: Cover left hand (optional) and begin on the right hand.	4. Palmar/Dorsal Rub Relaxation Technique - rub back & forth to loosen.
Cleanse both hands with diluted witch hazel (50% with water)	Examine for any unusual conditions on the hands. Do not work on any hand conditions.		
5. Knuckle Draw/Roll Technique - draw knuckles upward.	6. Wrist Rotation Technique - rotate 3X in each direction.	7. Palmar & Dorsal Chest Stretch Technique - fingers on dorsal, thumbs on palmar. Stretch open. Then reverse hands.	8. Relative to Solar Plexus Reflex - middle of diaphragm in Zone 3. Push in & up 3X.
			
9. Longitudinal Zoning Technique - upward from wrist to fingers in all zones including 5 zones in thumb.	10. Pituitary Gland Reflex - Zone 3 of thumb, hook in and draw to medial side.	11. Hand Clean-Out Clean-Out - clean out the hand with the palm of your hands.	Spine Reflex:
	Right Thumb  Left Thumb  		

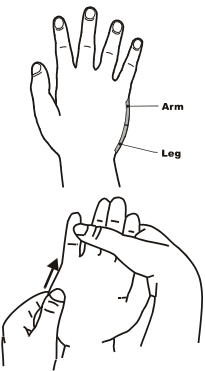
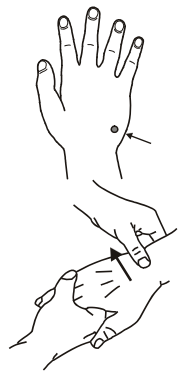
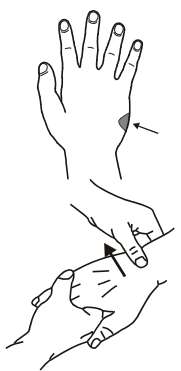
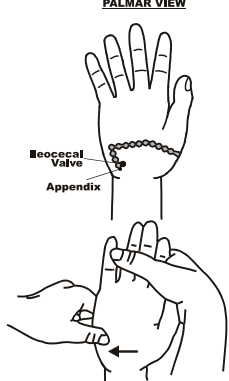
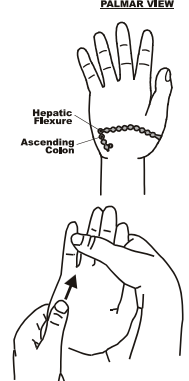
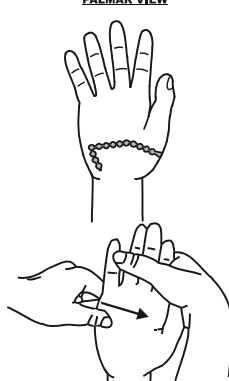
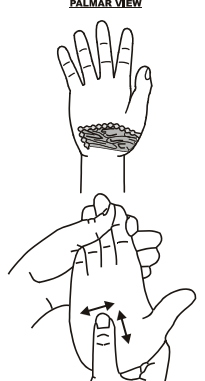
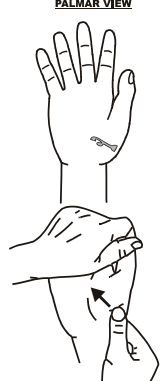
Summary of Reflexology Hand Procedure - Right Hand

12. Spine Reflex Tug - gently tug thumb.	13. Spine Reflex - Zone 1, work vertically from wrist to top of thumb. Then work horizontally.	Anterior Forearm Pelvic Area:	14. Hip / Lower Back/Sciatic Reflex - Zone 5 on anterior forearm.
	<u>PALMAR VIEW</u> 		<u>PALMAR VIEW</u> 
15. Relative to Sciatic/Rectum Reflexes - Zones 2 & 4 on anterior forearm.	16. Relative to Large Colon Reflex - Zone 1 on anterior forearm.	17. Testes/Anus/Rectum Reflex - Zone 1 on medial & palmar side. Work & hook to medial side 3X.	18. Relative to Pelvic Area Reflex - work wrist on anterior forearm.
<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 

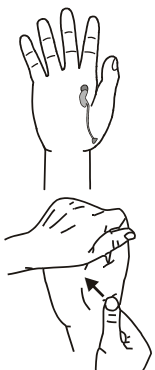
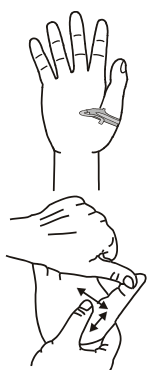
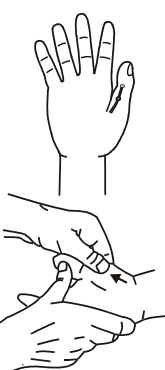
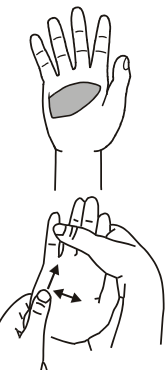
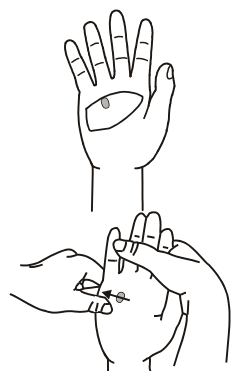
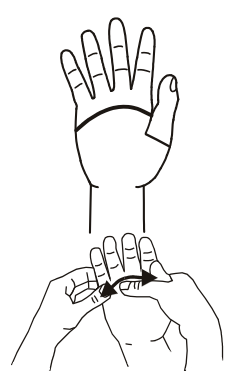
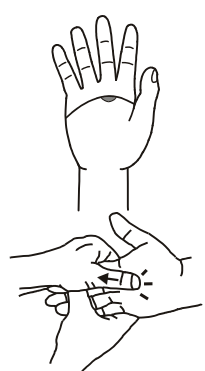
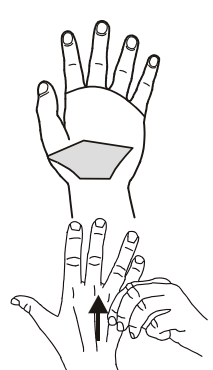
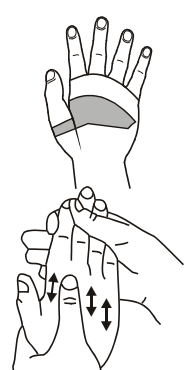
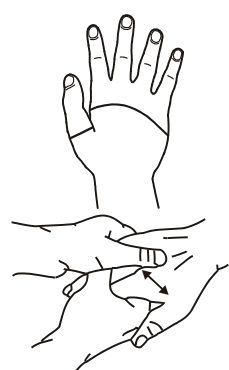
Summary of Reflexology Hand Procedure - Right Hand

19. Relative to Uterus/Prostate/Vaginal/ Penis Reflex - Zone 1 on medial & palmar side. Work & hook to medial side 3X.	20. Relative to Ovary/Testicle Reflex - Zone 5 on lateral & palmar side. Work & hook to lateral side 3X.	21. Pelvic Area and Hemorrhoid Reflexes - grid pelvic area including hemorrhoid reflexes.	22. Prostate Reflex - Zone 1 on medial & palmar side. Work & hook to medial side 3X.
<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 
23. Sciatic Nerve Reflex - Zone 5, above wrist, hook & draw to lateral side 3X.	24. Clean-out - clean out anterior forearm pelvic area.	Posterior Forearm Pelvic Area:	25. Relative to Pelvic Area Reflex - below wrist, grid 3X.
<u>PALMAR VIEW</u> 	Clean-out Anterior (front) Forearm Pelvic Area		<u>DORSAL VIEW</u> 
26. Fallopian Tube/Groin Lymphatic Reflex - thumb-walk from lateral side of wrist to medial side of wrist 3X.	27. Relative to Uterus /Prostate/Vagina/Penis Reflex - Zone 1, above wrist, hook & draw to medial side 3X	28. Relative to Ovary/ Testicle Reflex - Zone 5, above wrist, hook & draw to lateral side 3X.	29. Pelvic Area Reflexes - dorsal pelvic area - grid Zones 1 & 2 and 4 & 5 above wrist line.
<u>DORSAL VIEW</u> 	<u>DORSAL VIEW</u> 	<u>DORSAL VIEW</u> 	<u>DORSAL VIEW</u> 

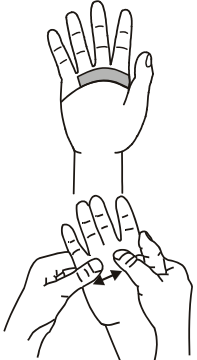
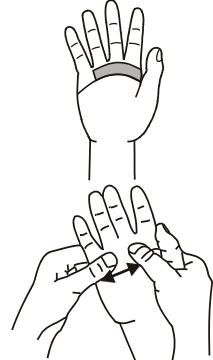
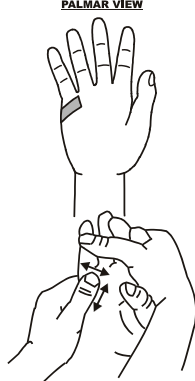
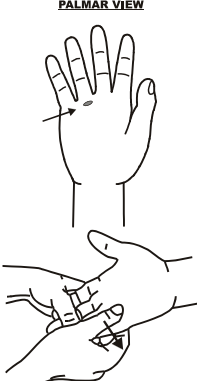
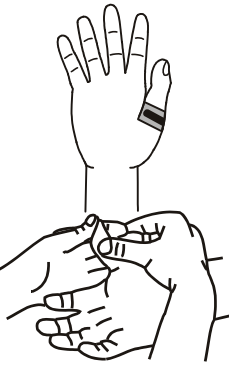
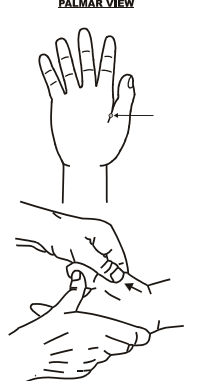
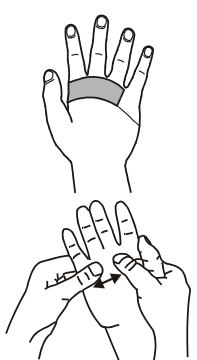
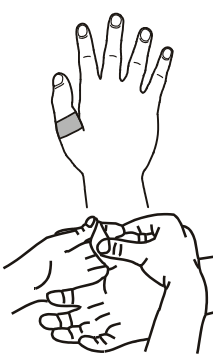
Summary of Reflexology Hand Procedure - Right Hand

30. Leg and Arm Reflexes - thumb-walk in Zone 5 on lateral edge of hand upward.	31. Sciatic Nerve Reflex - Zone 5, above wrist on dorsal side, hook in & draw out.	32. Hip/Thigh/Knee/Elbow Reflex - Zone 5 at transverse waistline, grid area.	33. Clean-Out - clean out posterior forearm pelvic area.
DORSAL VIEW 	DORSAL VIEW 	DORSAL VIEW 	Clean-out Posterior (back) Forearm Pelvic Area
Palmar Lower Abdominal Area:	34. Ileocecal Valve and Appendix Reflexes - Zone 4/5 line above pelvic line, hook 3X to lateral side.	35. Ascending Colon and Hepatic Flexure Reflexes - work Zone 4/5 line upward to waistline and hook 3X.	36. Transverse Colon Reflex - work zones 5 to 1 3X along transverse waistline.
	PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 
37. Small Intestine Reflex - grid area between pelvic line and waistline in all zones.	38. Uterus, Ovary and Fallopian Tube Reflexes - Zones 1 to 3 & ½ way between pelvic line & waistline - work & hook 3X.	39. Clean-Out - clean out the palmar lower abdominal area.	Palmar Upper Abdominal Area:
PALMAR VIEW 	PALMAR VIEW 	Clean-out the <i>palmar (bottom)</i> lower abdominal area	

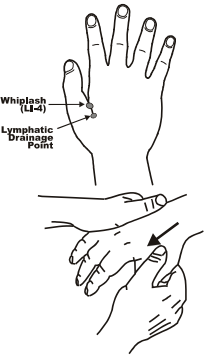
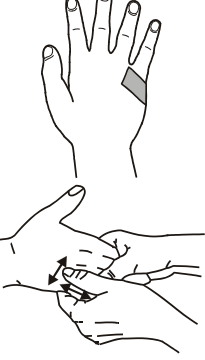
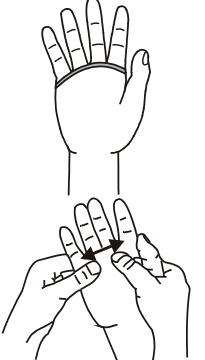
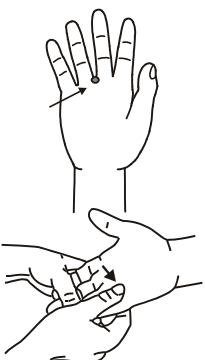
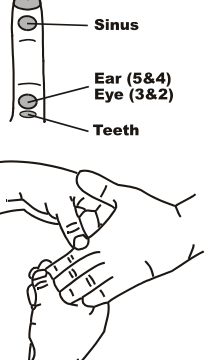
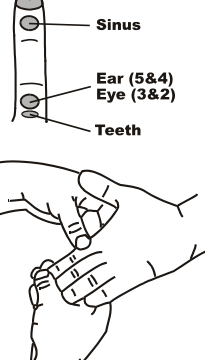
Summary of Reflexology Hand Procedure - Right Hand

40. Urinary Bladder, Ureter, Kidney & Adrenal Reflexes - bladder Zone1 to adrenal Zone 2, grid. Hook & draw adrenal reflex 3X.	41. Duodenum, Stomach, & Pancreas Reflexes - grid area between Zones 1 to 3, waistline & diaphragm line.	42. Esophagus, Thyroid/Parathyroid/Pharynx, & Mouth Reflexes - Zone 1 on thumb.	43. Liver Reflex - grid area between Zones 2 & 5 and waistline & diaphragm line.
PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 
44. Gallbladder Reflex - hook 3X to lateral side in Zones 4, below diaphragm line.	45. Diaphragm Reflex - work horizontally 3X, including thumb.	46. Relative to Solar Plexus Reflex - middle of diaphragm in Zone 3. Push in & up 3X.	47. Clean-Out - clean out the palmar upper abdominal area.
PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 	Clean-out the <i>palmar (bottom) upper abdominal area</i>
Dorsal Lower/Upper Abdominal Areas:	48. Lower Abdominal Area Reflex - grid area between pelvic line & waist line and Zones 1 to 5.	49. Upper Abdominal Area Reflex - grid area between waist line & diaphragm line and Zones 1 to 5.	50. Diaphragm Reflex - work horizontally 3X.
	DORSAL VIEW 	DORSAL VIEW 	DORSAL VIEW 

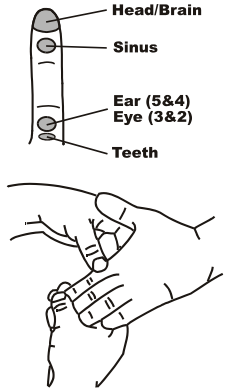
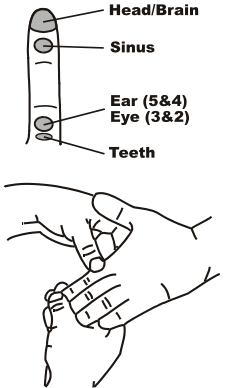
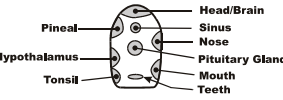
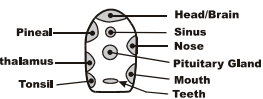
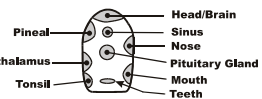
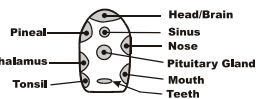
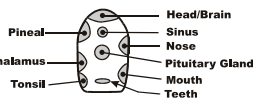
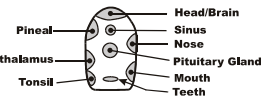
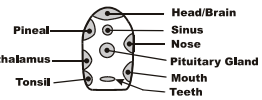
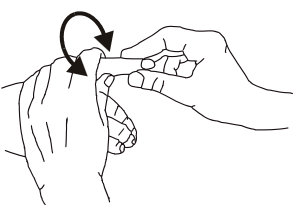
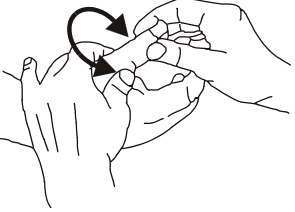
Summary of Reflexology Hand Procedure - Right Hand

51. Clean-Out - clean out the dorsal upper & lower abdominal areas.	Palmar Thoracic Area:	52. Chest/Breast/Thoracic/ Lung Reflex - Chest stretch technique on palmar side.	53. Lung Reflexes - grid between Zones 2 to 4 and diaphragm & neckline. Dorsal chest stretch.
Clean-out the <i>dorsal (top) upper and lower abdominal areas</i>		PALMAR VIEW 	PALMAR VIEW 
54. Shoulder Reflex - grid area in Zone 5, below 5 th finger.	55. Relative to Jaw Reflex - Zone 4, below finger 4, hook to lateral side 3X.	56. Bronchial Area and Heart Reflexes - grid area on thumb between diaphragm line & neckline.	57. Thymus Reflex - Zone ½ line, ½ way between diaphragm line & neckline. Hook to medial side 3X.
PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 
58. Clean-Out - Clean-out the palmar thoracic area.	Dorsal Thoracic Area /Neckline:	59. Chest/Breast/Thoracic/ Lung Reflex - work vertically between tendons. Dorsal chest stretch.	60. Bronchial Area Reflexes - thumb Zone 1 - work around thumb.
Clean-out the <i>palmar (bottom) thoracic area</i>		DORSAL VIEW 	DORSAL VIEW 

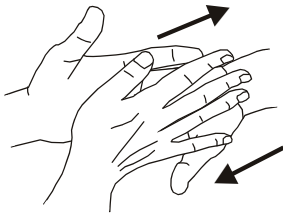
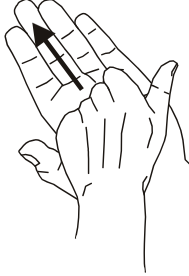
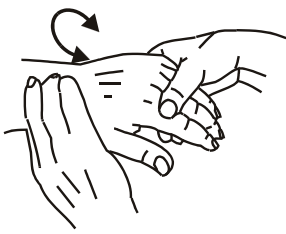
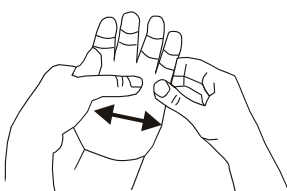
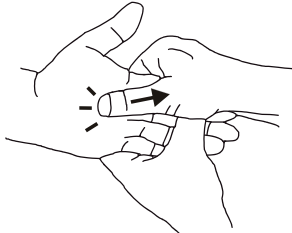
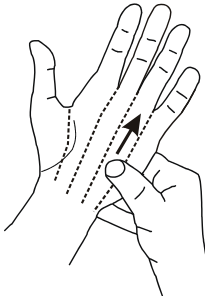
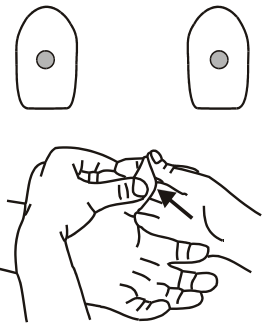
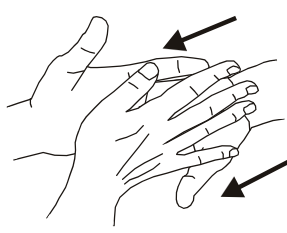
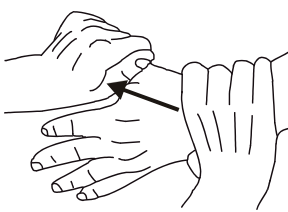
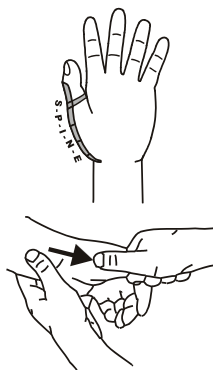
Summary of Reflexology Hand Procedure - Right Hand

61. Lymphatic Drainage Point and Whiplash (LI-4) Reflexes - web between thumb & 2 nd finger.	62. Shoulder Reflex - grid area in Zone 5, below 5 th finger.	63. Relative to Jaw Reflex - Zone 4, below 4 th finger, hook to lateral side 3X.	64. Neck Reflexes - work 3X across base of all fingers and thumb and upward ½ way up phalanx.
<u>DORSAL VIEW</u> 	<u>DORSAL VIEW</u> 	<u>DORSAL VIEW</u> 	<u>DORSAL VIEW</u> 
65. Clean-Out - Clean-out the dorsal thoracic area.	Palmar Neckline:		67. Neckline Reflex - work 3X across base of all fingers.
Clean-out the dorsal (top) thoracic area			<u>PALMAR VIEW</u> 
68. Inner Ear Reflex - between fingers 3 & 4, hook to lateral side 3X.	Head Area - Fingers:		70. Head Area - Zone 4 - grid finger upward & hook head/brain reflex 3X.
<u>PALMAR VIEW</u> 			<u>PALMAR VIEW</u> 
		<u>PALMAR VIEW</u> 	

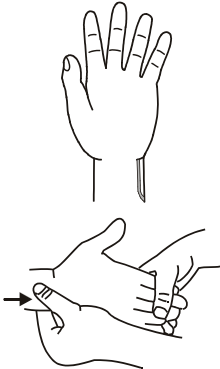
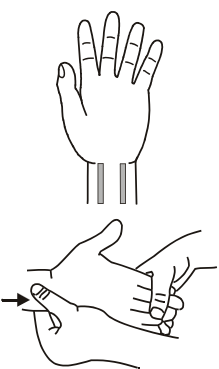
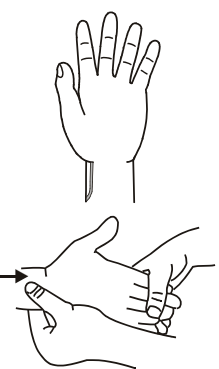
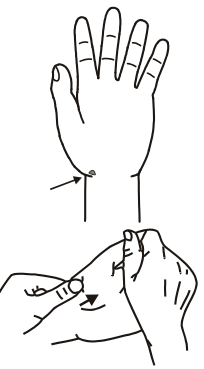
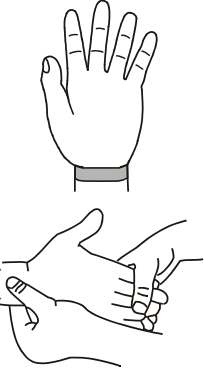
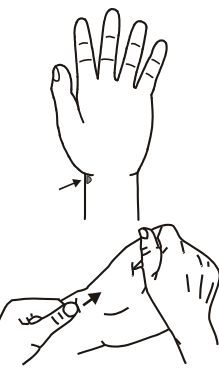
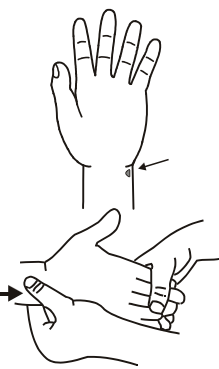
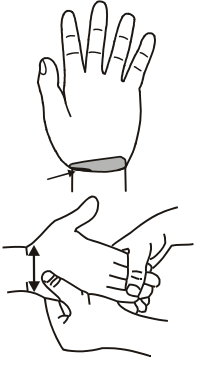
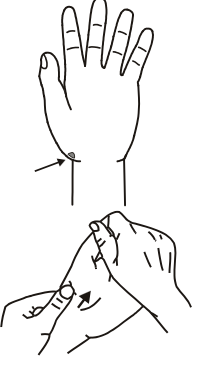
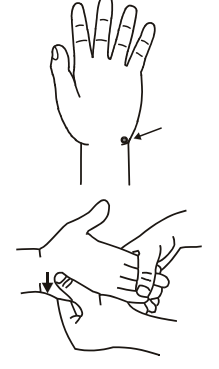
Summary of Reflexology Hand Procedure - Right Hand

71. Head Area - Zone 3 - grid finger upward & hook head/brain reflex 3X.	72. Head Area - Zone 2 - grid finger upward & hook head/brain reflex 3X.	Head Area - Thumb:	73. Teeth, Sinus, & Head/Brain Reflexes - Zone 3 upward & hook reflexes 3X.
			Right Thumb 
74. Tonsil Reflex - Zone 5, hook to medial side 3X.	75. Mouth Reflex - Zone 1, hook upward 3X.	76. Hypothalamus Reflex - Zone 5, $\frac{1}{3}$ up from base. Hook to medial side 3X.	77. Pituitary Reflex - Zone 3, hook to medial side 3X.
Right Thumb 	Right Thumb 	Right Thumb 	Right Thumb 
78. Nose Reflex - upper $\frac{1}{2}$ of Zone 1, work & hook 3X.	79. Pineal Reflex - $\frac{3}{4}$ up Zone 5, hook to medial side 3X.	80. Clean-Out - clean-out thumb.	81. Hand Clean-Out - clean-out the hand.
Right Thumb 	Right Thumb 	Clean-out the <i>thumb</i>	Clean out the hand with the palm of your hands
82. Finger Rotation - rotate each finger in each direction 3X.	82. Thumb Rotation - rotate thumb in each direction 3X.		
		Right Hand is now finished	Remove the towel from the left hand and wrap the right hand in the towel (optional). Proceed to left the hand.

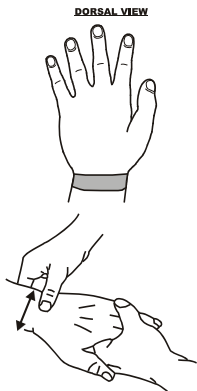
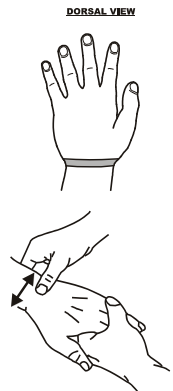
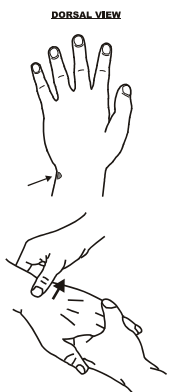
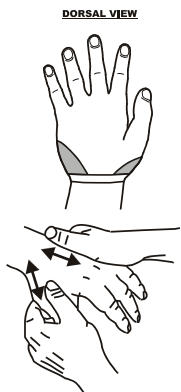
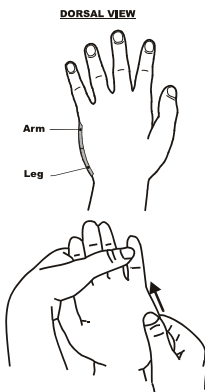
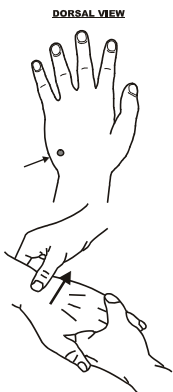
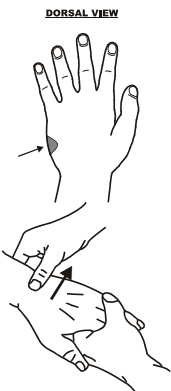
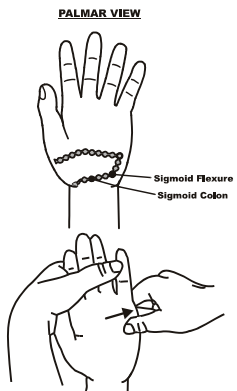
Summary of Reflexology Hand Procedure - Left Hand

Relaxation Warm Ups:	1. Palmar/Dorsal Rub Relaxation Technique - rub back & forth to loosen.	2. Knuckle Draw/Roll Technique - draw knuckles upward.	3. Wrist Rotation Technique - rotate 3X in each direction.
			
4. Palmar & Dorsal Chest Stretch Technique - fingers on dorsal, thumbs on palmar. Stretch open. Then reverse hands.	5. Relative to Solar Plexus Reflex - middle of diaphragm in Zone 3. Push in & up 3X.	6. Longitudinal Zoning Technique - upward from wrist to fingers in all zones including 5 zones in thumb.	7. Pituitary Gland Reflex - Zone 3 of thumb, hook in and draw to medial side.
			Right Thumb Left Thumb 
8. Hand Clean-Out - clean out the hand with the palm of your hands.	Spine Reflex:	9. Spine Tug Technique - gently tug thumb.	10. Spine Reflex - Zone 1, work vertically from wrist to top of thumb. Then work horizontally.
			PALMAR VIEW 

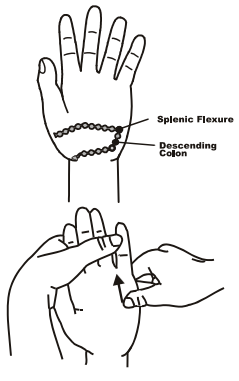
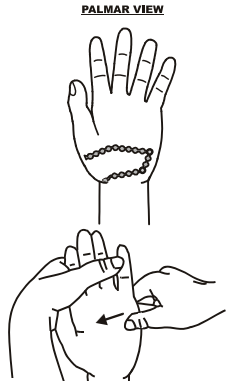
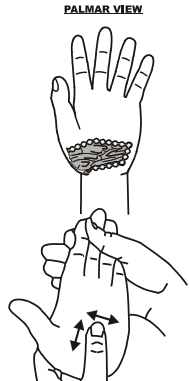
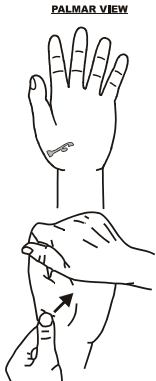
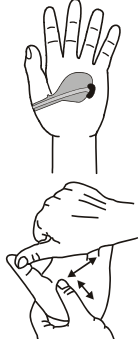
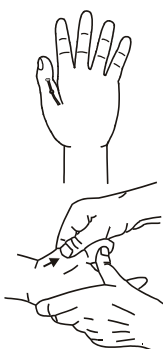
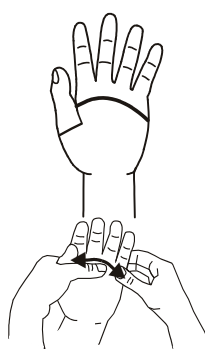
Summary of Reflexology Hand Procedure - Left Hand

Anterior Forearm Pelvic Area:	11. Hip / Lower Back/Sciatic Reflex - Zone 5 on anterior forearm.	12. Relative to Sciatic/Rectum Reflexes - Zones 2 & 4 on anterior forearm.	13. Relative to Large Colon Reflex - Zone 1 on anterior forearm.
	PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 
14. Testes/Anus/Rectum Reflex - Zone 1 on medial & palmar side. Work & hook to medial side 3X.	15. Relative to Pelvic Area - work wrist on anterior forearm.	16. Relative to Uterus/Prostate/Vaginal/ Penis Reflex - Zone 1 on medial & palmar side. Work & hook to medial side 3X.	17. Relative to Ovary/Testicle Reflex - Zone 5 on lateral & palmar side. Work & hook to lateral side 3X.
PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 
18. Pelvic Area and Hemorrhoid Reflexes - grid pelvic area including hemorrhoid reflexes.	19. Prostate Reflex - Zone 1 on medial & palmar side. Work & hook to medial side 3X.	20. Sciatic Nerve Reflex - Zone 5, above wrist, hook & draw to lateral side 3X.	21. Clean-Out - clean out anterior forearm pelvic area.
PALMAR VIEW 	PALMAR VIEW 	PALMAR VIEW 	Clean-out the anterior (front) forearm pelvic area

Summary of Reflexology Hand Procedure - Left Hand

Posterior Forearm Pelvic Area:	22. Relative to Pelvic Area Reflex - below wrist, grid 3X.	23. Fallopian Tube/Groin Lymphatic Reflex - thumb-walk from lateral side of wrist to medial side 3X.	24. Relative to Uterus /Prostate/Vagina/Penis Reflex - Zone 1, above wrist, hook & draw to medial side 3X
			
25. Relative to Ovary/Testicle Reflex - Zone 5, above wrist, hook & draw to lateral side 3X.	26. Pelvic Area Reflexes - dorsal pelvic area - grid Zones 1 & 2 and 4 & 5 above wrist line.	27. Leg and Arm Reflexes - thumb-walk in Zone 5 on lateral edge of hand upward.	28. Sciatic Nerve Reflex - Zone 5, above wrist on dorsal side, hook in & draw out.
			
29. Hip/Thigh/Knee/Elbow Reflex - Zone 5 at transverse waistline, grid area.	30. Clean-Out - clean out posterior forearm pelvic area.	Palmar Lower Abdominal Area:	
	Clean-out the posterior (back) forearm pelvic area		
			31. Sigmoid Colon & Sigmoid Flexure Reflexes - work Zone 5 to waistline & hook flexure 3X laterally.
			

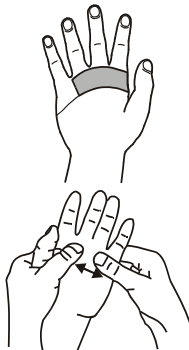
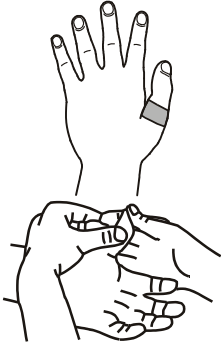
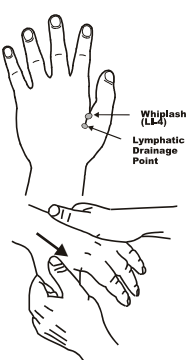
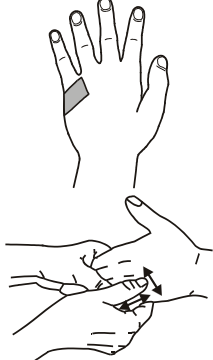
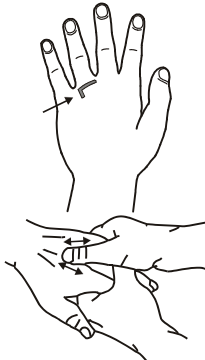
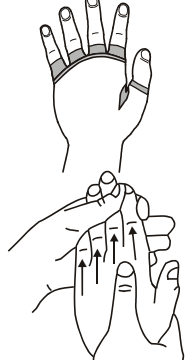
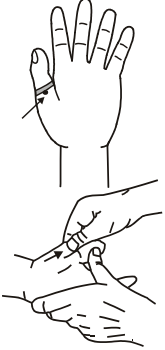
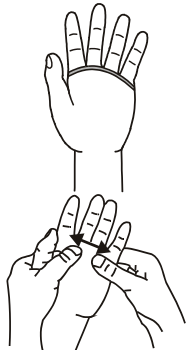
Summary of Reflexology Hand Procedure - Left Hand

32. Descending Colon and Splenic Flexure Reflexes - work Zone 5 up to waistline & hook Splenic flexure 3X laterally.	33. Transverse Colon Reflex - work zones 5 to 1 3X along transverse waistline.	34. Small Intestine Reflex - grid area between pelvic line and waistline in all zones.	35. Uterus, Ovary & Fallopian Tube Reflexes - Zones 1 to 3 & ½ way between pelvic line & waistline - work & hook 3X.
<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 
36. Clean-Out - clean out the palmar lower abdominal area.	Palmar Upper Abdominal Area:		38. Stomach, Pancreas, & Spleen Reflexes - grid area between Zones 1 to 4/5, waistline & diaphragm line. Hook spleen 3X laterally.
Clean-out the <i>palmar (bottom) lower abdominal area</i>			<u>PALMAR VIEW</u> 
39. Esophagus, Thyroid/Parathyroid/Pharynx & Mouth Reflexes - Zone 1 on thumb.	40. Diaphragm Reflex - work horizontally 3X, including thumb.	41. Relative to Solar Plexus Reflex - middle of diaphragm in Zone 3. Push in & up 3X.	42. Clean-Out - clean out the palmar upper abdominal area.
<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	<u>PALMAR VIEW</u> 	Clean-out the <i>palmar (bottom) upper abdominal area</i>

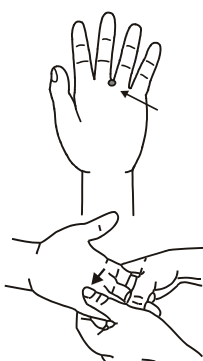
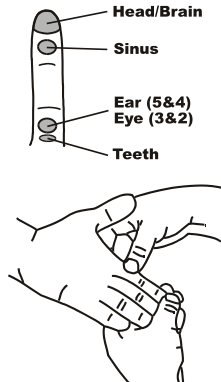
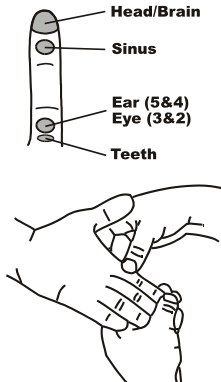
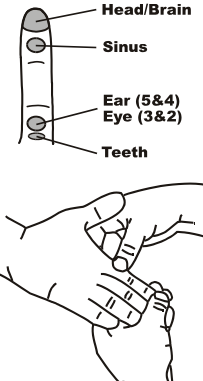
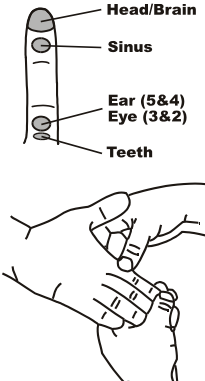
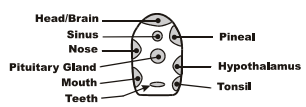
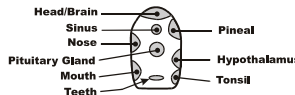
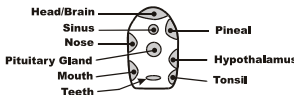
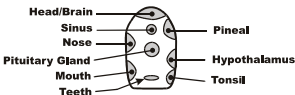
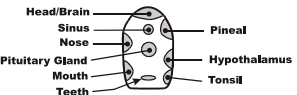
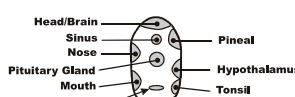
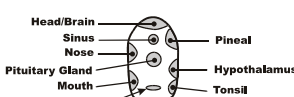
Summary of Reflexology Hand Procedure - Left Hand

Dorsal Lower/Upper Abdominal Areas:	43. Lower Abdominal Area Reflex - grid area between pelvic line & waist line and Zones 1 to 5.	44. Upper Abdominal Area Reflex - grid area between waist line & diaphragm line and Zones 1 to 5.	45. Diaphragm Reflex - work horizontally 3X.
	DORSAL VIEW	DORSAL VIEW	DORSAL VIEW
46. Clean-Out - clean out the dorsal upper & lower abdominal areas.	Palmar Thoracic Area:	47. Chest/Breast/Thoracic/Lung Reflex - Chest stretch technique on palmar side.	48. Lung and Heart Reflexes - grid between Zones 2 to 4 and diaphragm & neckline. Dorsal chest stretch.
Clean-out the dorsal (top) upper and lower abdominal areas		PALMAR VIEW	PALMAR VIEW
49. Shoulder Reflex - grid area in Zone 5, below 5 th finger.	50. Relative to Jaw Reflex - Zone 4, below finger 4, hook to lateral side 3X.	51. Bronchial Area and Heart Reflexes - grid area on thumb between diaphragm line & neckline.	52. Thymus Reflex - Zone ½ line, ½ way between diaphragm line & neckline. Hook to medial side 3X.
PALMAR VIEW	PALMAR VIEW	PALMAR VIEW	PALMAR VIEW

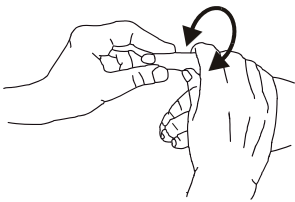
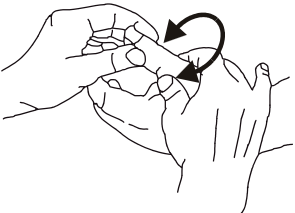
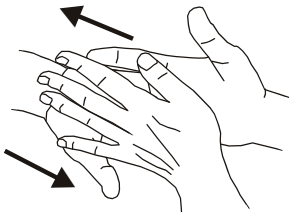
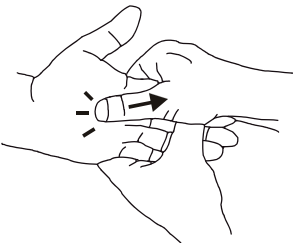
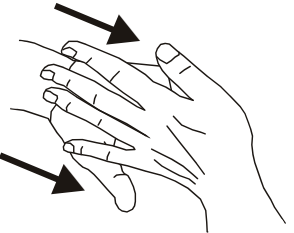
Summary of Reflexology Hand Procedure - Left Hand

53. Clean-Out - Clean-out the palmar thoracic area.	Dorsal Thoracic Area/ Neckline:	54. Chest/Breast/Thoracic/ Lung Reflex - work vertically between tendons. Dorsal chest stretch.	55. Bronchial Area Reflexes - thumb Zone 1 - work around thumb.
Clean-out the <i>palmar (bottom) thoracic area</i>		DORSAL VIEW 	DORSAL VIEW 
56. Lymphatic Drainage Point & Whiplash (LI-4) Reflexes - web between thumb & 2 nd finger.	57. Shoulder Reflex - grid area in Zone 5, below 5 th finger.	58. Relative to Jaw Reflex - Zone 4, below 4 th finger, hook to lateral side 3X.	59. Neck Reflexes - work 3X across base of all fingers and thumb and upward ½ way up phalanx.
DORSAL VIEW 	DORSAL VIEW 	DORSAL VIEW 	DORSAL VIEW 
60. Clean-Out - Clean-out the dorsal thoracic area.	Palmar Neckline:	61. Thyroid/Parathyroid/ Pharynx & Neckline Reflexes - Thumb Reflexes - neckline on thumb. Hook up 3X.	62. Neckline Reflex - work 3X across base of all fingers.
Clean-out the <i>dorsal (top) thoracic area</i>		PALMAR VIEW 	PALMAR VIEW 

Summary of Reflexology Hand Procedure - Left Hand

63. Inner Ear Reflex - between fingers 3 & 4, hook to lateral side 3X.	Head Area - Fingers:	64. Head Area - Zone 5 - grid finger upward & hook head/brain reflex 3X.	65. Head Area - Zone 4 - grid finger upward & hook head/brain reflex 3X.
PALMAR VIEW 			
66. Head Area - Zone 3 - grid finger upward & hook head/brain reflex 3X.	67. Head Area - Zone 2 - grid finger upward & hook head/brain reflex 3X.	Head Area - Thumb:	68. Teeth, Sinus, & Head/Brain Reflexes - Zone 3 upward & hook reflexes 3X.
			Left Thumb 
69. Tonsil Reflex - Zone 5, hook to medial side 3X.	70. Mouth Reflex - Zone 1, hook upward 3X.	71. Hypothalamus Reflex - Zone 5, 1/3 up from base. Hook to medial side 3X.	72. Pituitary Reflex - Zone 3, hook to medial side 3X.
Left Thumb 	Left Thumb 	Left Thumb 	Left Thumb 
73. Nose Reflex - upper 1/2 of Zone 1, work & hook 3X.	74. Pineal Reflex - 3/4 up Zone 5, hook to medial side 3X.	75. Clean-Out - clean-out thumb.	Hand Clean-Out and Finger/Thumb Rotation:
Left Thumb 	Left Thumb 	Clean-out the thumb	

Summary of Reflexology Hand Procedure - Left Hand

76. Hand Clean-Out - clean-out the hand.	77. Finger Rotation - rotate each finger in each direction 3X.	77. Thumb Rotation - rotate thumb in each direction 3X.	<u>The left hand is now completed</u>
<i>Clean out the hand with the palm of your hands</i>			
Session Closing: <u>Note:</u> Do not use any creams or oils.	79. Palmar/Dorsal Rub Relaxation Technique - rub back & forth to loosen.	80. Solar Plexus Push Technique (Optional) - middle of diaphragm in Zone 3. Push in & up 3X.	81. Feather Touch Technique - light strokes
			
End of Hand Reflexology Session			