

## **Certificate in Foot Reflexology:**

16 hours approved for CPE points and Professional Liability insurance.

### **General information**

The course is set out very well and you will find it interesting and fun learning.

My methodology, teaching aims and objectives makes it an easy modality to learn and gain competence quickly to give powerful treatments to clients and friends.

All students have enjoyed it very much and learnt lots.

### **E Manuals and Materials Provided:**

- Professionally produced instructional video/DVD
- E -manual work book for video/DVD watching
- E- manual extensive theory on foot reflexology
- E -manual with questions, client feedback forms and log sheets.

### **The Course Covers:**

- Ancient History /Modern History
- Zone Therapy/Guidelines
- How reflexology works /Concept of Mirror Image
- Bones of Feet
- Contra-Indications and cautions to Reflexology
- Visual Observations: What to look for on feet.
- What reactions people may have to Reflexology?
- The power of the treatment and how it heals.
- Treatment Session: Guidelines for length, frequency, positioning of client, pressure, creams, fingernails.
- Relaxation strokes /thumb and finger techniques.
- How to work all reflexes on foot/Guidelines and reflexes: above Shoulder, above waistline, above pelvic line, below pelvic line, dorsal side of foot.
- Reference books will be suggested but not compulsory.
- Plus much more.

## **Foot Reflexology Basic Syllabus for 16 hours**

It needs to be completed within 2 years of receiving documentation.

- DVD watching and learning  
8 hours return logged video sessions
- Study and read written materials, answer questions and colour feet diagrams with learning companion notes = 5 hours
- Practice full session on 3 recipients: 1 x 1hour = 3 hours and return client session logs.

Return the logged video sessions, questions and client session log and once approved certificate of attainment will be emailed to you.

### **The aim of the course is to:**

- Give you an understanding of the principles and practices of reflexology so you have an invaluable healing technique to use.
- You will be able to administer an effective and therapeutic one hour reflexology treatment.

### **On completion of this course you will be able to do:**

- Relaxation massage techniques of the feet.
- Perform reflexology thumb and finger techniques.
- Identify and name reflexes of the feet according to the Ingham method of reflexology
- Perform a complete reflexology session.
- Discuss contraindications/cautions in reflexology.

### **This course is for :**

- The lay person wanting to treat family and friends
- Experienced massage therapist and beauty therapist wanting to use reflexology as a stand-alone treatment or in conjunction with other modalities.
- Therapist and lay person wanting to use Reflexology in business to increase income and healing modalities offered.

## Approved Certification

- Can join IICT massage association- [www.iict.com.au](http://www.iict.com.au)- and get Professional liability insurance.
- Approved for CPE points with Massage associations.
- Can add as approved modality to existing insurance.

## Contact and Support

Please email [kaye@kdmassagecourse](mailto:kaye@kdmassagecourse) or phone 0407645764 for more information

I am available via phone or email if you need assistance during your homestudy course.

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## Article on the Holistic Therapy of Reflexology

The Holistic Therapy of Reflexology has been used over the years to promote physical health and well-being in many thousands of people from all walks of life. The roots of reflexology are ancient and it seems people in all areas of the world worked on feet to improve health. The first known recording of it was on a painting in ancient Egypt.

Reflexology treats all the organs of the body through the feet, but not only this - it clears blocked energy pathways throughout the body enabling organs and glands to function properly. By putting pressure on particular points in the foot, the supply of blood, as well as the functioning of the nervous system is improved.

Reflexology is believed to heal a number of illnesses ranging from back pain to migraine to sleep disorders. Some people with sports injuries believe that it helped them to recover quicker. Arthritis sufferers found it has eased their pain. Sinus sufferers maintain that it offers instant relief from congestion. It helps normalise blood pressure, restore hormonal imbalances and is beneficial for circulation, digestion, and respiratory problems.

Stress is now believed to be a major cause of physical illness so by reducing tension and improving blood and nerve supply, this alternative therapy contributes to better overall health for everyone.

Reflexology is a great technique for the lay person to use on themselves, family and friends. It is also a fantastic modality for the qualified massage therapist to expand their knowledge base giving them more therapeutic skills and another modality to draw on.