

The home study course comes with a professional produced instructional video that is clear and easy to follow. This is accompanied by a work book companion guide for video and an extensive E manuals covering theory of foot reflexology. It is all set out very well and you will find it interesting and fun learning.

Having taught and studied reflexology for over 30 years my teaching methods makes it easy for you to gain competence quickly to give powerful treatments to clients and friends.

CSSM is an approved training provider so you can start your reflexology business on completion of course.

Certificate in Foot Reflexology:

20 hours approved for CPE points and Professional Liability insurance.

2 years to complete.

E Manuals and Materials Provided:

Instructional video: DVD hard copy by post or MP4 download to computer
PDF E-Manuals:

1. Assessment requirements
2. Theory manual
3. Workbook companion guide to DVD
4. Summary quick guide to treatment techniques

Submissions for Certificate of Attainment

You need to

- Watch Video to learn techniques and fill out logged session forms provided **8 -10 hours**
- Answer all the theory questions **5-7 hours**
- Give **5** one hour Foot Reflex treatments to recipients of your choosing. These can be paid or unpaid.

Foot Reflexology Basic Syllabus for 20 hours

- DVD watching and learning
- Study Video Play all the way through.=**1hour fill out logged session form**
- Video can be divided into 6 parts

- Stop and start each part spend 1/2hr to 1hour watching and then practising each part on recipient = **7 hours fill out logged video sessions forms**
- Study and read written materials, answer questions and colour feet diagrams with learning companion notes = **5-7 hours return questions**
- Practice full session on 5 recipients: 1 x 1hour = **5-6 hours and get clients to fill out session logs.**

Return the logged video sessions and client session forms and theory questions.

When received and assessed approved certificate of attainment will be emailed to you.

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.

Plus much more.

Reference books will be suggested but not compulsory.

The use of Aromatherapy oils for foot massage .

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. .

I am available via phone or email if you need assistance.

Please email kaye@kdmassagecourse or phone 0407645764 for more information

Direct debit and or cheque available and I will send you enrolment form with details on it.

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.