

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.

**The home study course** comes with

- Professionally produced instructional video that is clear and easy to follow step by step instructions.
- This is accompanied by a work book companion guide for video watching with suggested learning methods and exercises.
- An extensive E manuals covering theory of foot reflexology.
- Summary quick guide to treatment techniques with photos of all techniques.

It is all set out very well and you will find it interesting and fun learning. You can ask me questions or get assistance at anytime throughout your homestudy.

The work is set out so it is very accessible and easy to learn the techniques to a high standard of competence. My aim is to help you learn in a relaxed and friendly manner and to compile materials so you can attain a very high professional skill when completed the course .

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 downloads to computer only

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**

Times are guidelines

You need to

- Watch Video to learn techniques and fill out logged session forms provided 8 -10 hours
- Answer all the theory questions from manuals in own time open book. 5-7 hours
- Give 5 one hour Foot Reflex treatments to recipients of your choosing. These can be paid or unpaid.
- Fill out a table provided of times of your study sessions.

### **Foot Reflexology Basic Syllabus** for 20 hours

Click below to buy now

<https://kdmassagecourses.com.au/wp/product/homestudy-certificate-in-foot-reflexology/>

### **The Course Covers:**

- Ancient History /Modern History
- Zone Therapy/Guidelines
- How reflexology works /Concept of Mirror Image
- Reflexology as a mirror of our body makes identifying reflexes very simple
- 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.
- 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](mailto:kaye@kdmassagecourse) or phone 0407645764 for more information

Direct debit and or paypal is available on shop page click to buy now <https://kdmassagecourses.com.au/wp/product/homestudy-certificate-in-foot-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.