

## **Reflexology Studies 100 hours.**

### **Summary of subjects and hours undertaken**

#### **Foot reflexology 40 hours**

Theory study and answering assessment questions. 10 hours

Watching MP4 video provided. Practicing all techniques and logging practice with achievement and challenges. 10 hours

Case studies done on 5 different people.

Case study forms provided and filled out. 10 hours.

Supervised clinical practice one on one tuition. 10 hours

#### **Hand Reflexology 30 hours**

Theory study and answering assessment questions. 7 hours.

Watching MP4 video provided

Practicing all techniques and logging practice with achievement and challenge. 6 hours

Case studies on 4 different people. Case study forms filled out. 7 hours.

Supervised clinical practice one on one tuition. 10 hours

#### **Foot Spa 10 hours**

Theory study and answering assessment questions. 4 hours.

Watching MP4 video provided.

Practicing all techniques logging practice with achievement and challenges. 2 hours.

Case studies done on 2 different people. Case study forms filled out. 4 hours.

#### **clinical practice 20 hours .**

## Curriculum

### **Theory of Reflexology.** Manual provided.

Ancient History of Foot Reflexology

Modern Day Origins of Foot Reflexology

Zone Therapy

Lateral Zones in the human body corresponding to feet

Guidelines and all Reflexes within each guidelines

What reflexes relate to what body systems

How to treat each body system

Foot Charts of all reflexes and points to pin point for different ailments.

The Reflexologist: How reflexology works the different theories

Benefits of reflexology

Contraindications and cautions

Treatment session :

Positioning of client and practitioner.

Visual cues.

Creams and lotions

Pressure

The length of each treatment

Frequency of treatment

Contract for reflexology services

Visual Observation

Possible reactions to reflexology

Bones of Feet

Aromatherapy for the feet

How the toes relate to the Chakras or Energy Centres of Body.

Recommended Text Books for further references

A table of Ailments and recommended for Treatment Areas

### **Reflexology techniques.** Manual and MP4 /DVD provided.

Guidelines shown and demonstrated

Relaxation Strokes

Thumb and Finger techniques to work reflexes:

Reflexes:

- Spine Reflex
- Above Diaphragm Line and below Shoulder line:
- Above Shoulder Line
- Above Waist Guideline
- Below Waistline and Pelvic Guideline:
- Below Pelvic guideline
- Dorsal side of foot:

Full reflexology session 1 hour

Working with Intention

Recommended Text Books  
Reflexology Reflexes chart  
Directional Guidelines chart

**Theory of Hand Reflexology.** Manual provided.

Hand Reflexology  
Definition of Reflexology  
Hand Reflexology its many and varied benefits and uses:  
History  
Modern day origins  
Mother of Reflexology  
Benefits  
Benefits of Reflexology summary  
Reflexology is believed to heal and or reduce severity of a number of illnesses  
Why people with cancer use it  
Contraindications and cautions  
Hand observation  
Bone structure of hand and how similar to foot  
How to position client and Therapist  
How to locate the systems of body using guidelines and zone therapy  
Concept of mirror Image  
Zone Therapy  
Lateral guidelines in the human body  
Reflexes of the hand  
Reflexology in Medical care  
Research by western medical science

**Hand Reflexology techniques.** Manual and MP4 /DVD provided.

Guidelines demonstrated  
Relaxation Strokes  
Thumb and Finger techniques to work reflexes:  
Reflexes:

- Spine Reflex
- Above Diaphragm Line and below Shoulder line:
- Above Shoulder Line
- Above Waist Guideline
- Below Waistline and Pelvic Guideline:
- Below Pelvic guideline
- Dorsal side of **hand**
- Full reflexology session 1 hour

**Aromatic Foot Ritual Treatment/Foot Soak.** Manual and MP4 /DVD provided.

Beneficial effects of aromatic foot ritual treatment:

Products

Treatment procedure:

Cautions with using essential oils

Contraindications/precautions

Safety Data Legend

Qualities of Essential oils recommended for foot soak /spa

A client record form

Assessment manual provided with

Log forms

Case study forms

Client record forms for supervised clinical practice

Manuals attached