

Simple Hand Reflexology techniques to calm and relax

(adapted from David Wayte)

Find a quiet spot to sit, maybe some gentle music, hand cream and a towel. Gently and slowly rub hand cream over both hands.

Solar Plexus



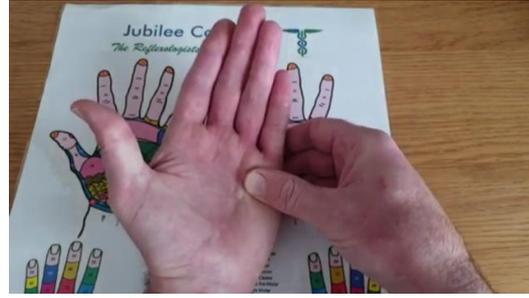
Look for the line which runs along as you bend your fingers towards the palm slightly, this is the diaphragm line which runs under the lungs. Mid way between the second and third finger on the diaphragm line is the Solar plexus where we feel our stresses. Rub with thumb in little circles and on both hands.



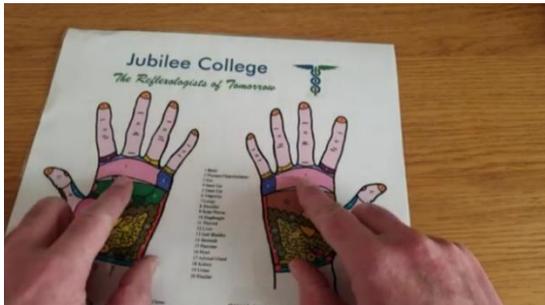
Diaphragm



Muscle of breathing, when stressed you don't breathe properly. Find the crease line by bending fingers slightly, imagine your thumb is a caterpillar and walk along the line. Repeat with little circles (using thumb) along the diaphragm line. If a point feels tender, stay there and work on it until the feeling lessens. Don't rush, go nice and slowly.



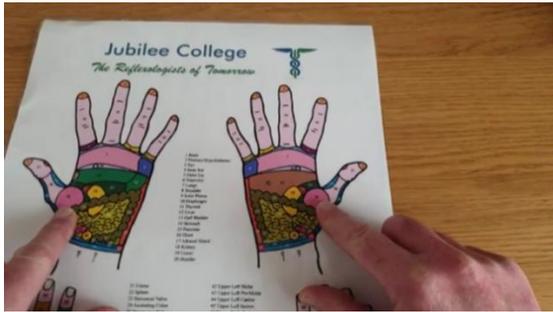
Lungs



Gently bend the hand inwards to find diaphragm line- area above is the lungs – work over the area using thumb or knuckle – all over the area. Repeat on the other hand.



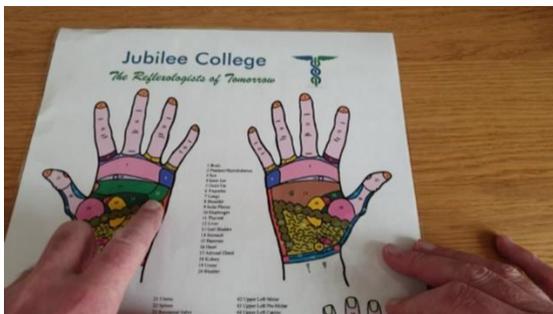
Heart



Heart is considered the emotional centre - Fleshy part under the thumb. Thumb walk (caterpillar) across and then down from the base of the thumb on the padded part - repeat using little circles. Repeat on the other hand.



Spleen



(Only on left hand)

Just under the diaphragm line, in line with the little finger. Spleen supports the immune system. Rub downwards using thumb or knuckle (use a little extra hand cream if necessary)



Finish off by applying a small amount of hand cream on rubbing it all over very slowly and place hands down on the towel.

