

Reflexology

AND CHARTS

Reflexology is an alternative health therapy that uses pressure of reflex points to stimulate the body's healing processes. It is based on the principle that there are numerous energy pathways that travel to every angle of the body and have endings or points to allow just below the skin surface (primarily in the hands and feet). The reflexology touches manipulating these endings for relief points to improve energy flow in order to treat disease and alleviate pain or organs situated on the pathway.

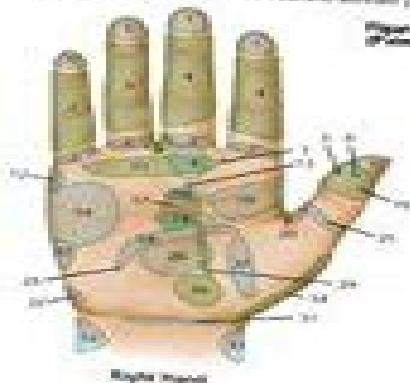
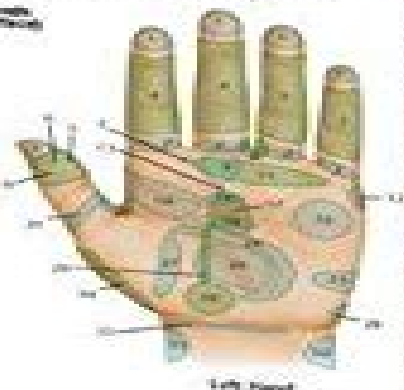
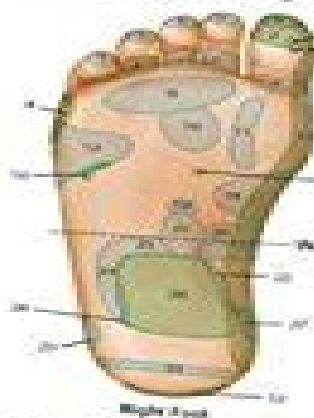


Figure 1: Right Hand (Palmar Surface)

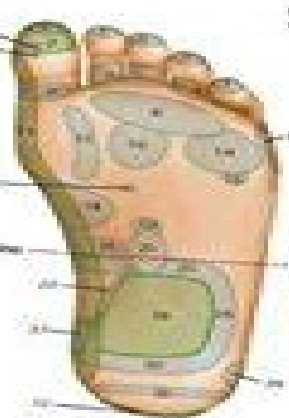


Left Hand

Figure 2: Foot (Plantar Surface)



Right Foot



Left Foot

Figure 3: Foot (Dorsal Surface)



Right Foot

Figure 1

- 1. Head
- 2. Neck
- 3. Shoulder
- 4. Upper arm
- 5. Elbow
- 6. Forearm
- 7. Wrist
- 8. Hand
- 9. Fingers
- 10. Thumb
- 11. Index
- 12. Middle
- 13. Ring
- 14. Little
- 15. Pinky
- 16. Ring
- 17. Middle
- 18. Index
- 19. Thumb
- 20. Head
- 21. Neck
- 22. Shoulder
- 23. Upper arm
- 24. Elbow
- 25. Forearm
- 26. Wrist
- 27. Hand
- 28. Fingers
- 29. Thumb
- 30. Index
- 31. Middle
- 32. Ring
- 33. Little
- 34. Pinky
- 35. Ring
- 36. Middle
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- 42. Upper arm
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Figure 2

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Reflexology Pockets Perma Charts

D. Barry



Reflexology Pockets Perma Charts:

Reflexology Vincent Perez,2025-05 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference There are over 10 million QuickStudy anatomy guides in print all with beautiful Illustrations by award winning and best selling medical illustrator Vincent Perez Vincent s life mission is cataloging the beauty and detail of our complicated body systems for medical professionals whether future doctors or medical coders formative students and anyone needing to know human anatomy from personal trainers to yoga instructors Anatomical illustrations include Right Left Plantar Foot Left Right Dorsal Foot Right Left Palmar Hand Left Right Lateral Hand Left Right Dorsal Hand Right Left Medial Hand Left Right Medial Foot Right Left Lateral Foot Suggested uses Reflexologist use as reference when discussing techniques and the process with clients Instructors Students a handy go to reference while learning the zones

Reflexology Michele Gilbert,2015-09-18 Do you want to learn more about reflexology Would you like to know how to self perform reflexology and practice it on others The history of reflexology is fairly broad and fairly extensive What it comes down to is the fact that there is a lot history that is loaded with the application of physical touch to make people cope with their suffering whether physical mental or spiritual It wasn t until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts It was often joked that a person who had a toothache should squeeze their toe to get some relief from it During the 16th century the idea of Zone Therapy began to become more and more prominent This idea that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it Here Is A Preview Of What You ll Learn What Is Reflexology The Basics of Reflexology The Basics of the Foot The Basics of the Hands The Massage Tags reflexology hand reflexology foot reflexology total reflexology reflexology guide reflexology manual reflexology diagram reflexology chart reiki acupuncture acupressure flexology foot map chart map learn reflexology relieve tension treat illness treat pain reduce pain alleviate pain foot reflexology what is reflexology does reflexology work facial reflexology reflexology headache headache headaches reflexology techniques reflexology therapy alternative therapies foot therapy natural therapy reflexology map hand reflexology chart foot reflexology chart reflexology charts reflexology treatment reflexology foot map reflexology hand map reflexology maps

Foot Reflexology Chart D. Barry,1995-12-01 [Reflexology](#) Vincent Perez,2015-12-31 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference Suggested uses o Reflexologists use as reference when discussing techniques and the process with clients o Instructors Students a handy go to reference while learning the zones

Foot Reflexology (Quick Reference Guide)

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