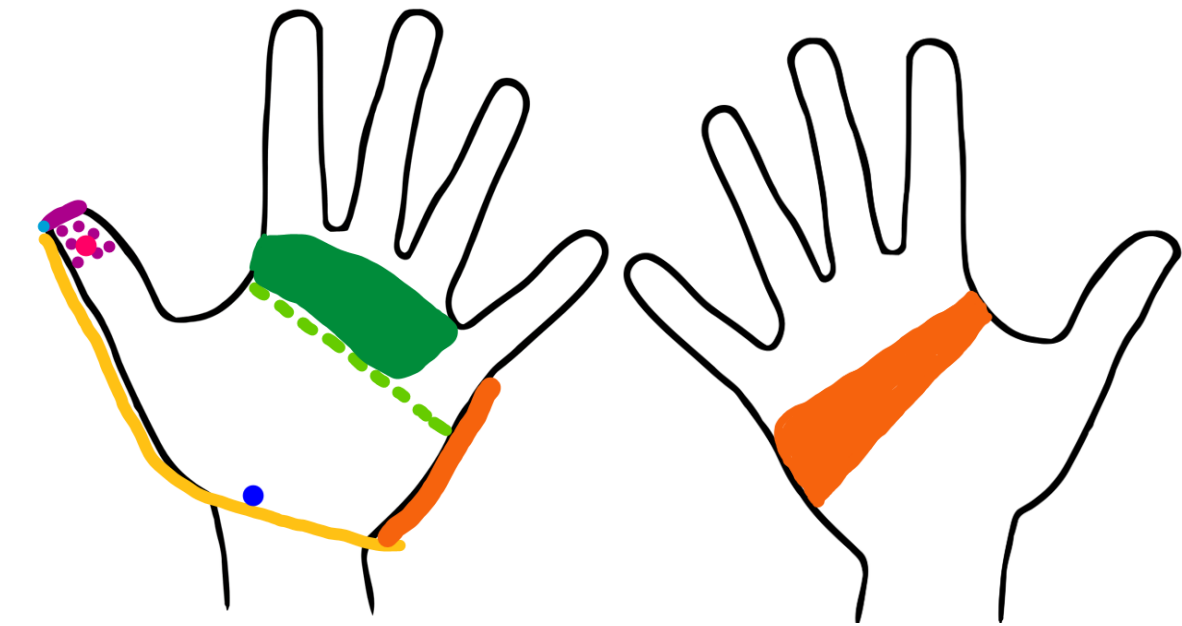


## Hand Reflexology Aftercare Guidance – Reflexology and Sleep During the Menopause



*Note: Left hand drawing represents reflexes that can be worked on either hand. Right hand drawing represents reflexes present on the right hand only.*

- **Green Dotted Line** – Diaphragm reflex.

Use a caterpillar motion to work your way along the horizontal line.

(Relaxation and deep breathing).

- **Dark Green coloured area**– Lungs and chest reflexes.

Use the caterpillar motion to work your way over the area, imagining you are colouring the area in full like a colouring book.

(Relaxation and deep breathing).

*Diaphragm & Lungs Reflex together – caterpillar over diaphragm as you take a deep inhale – Affirmation 'Inhale' then sweep over Lungs as you exhale – Affirmation 'Exhale'*

- **Purple** – Dots, Head reflex, Coloured Section, Brain reflex.

Use your thumb as a caterpillar to colour the dotted area in and then use the two thumbs together to roll over the tip of both thumbs together for the brain reflex.

(Anti-anxiety, calm thought patterns, soothe Nervous System)

*Head & Brain Reflex together - Affirmation 'I balance my mind and my thoughts'*

- **Yellow** – Energy Sedation Technique.

Use the pads of the fingers to trace a line down the bony edge of the thumb and across the wrist.

(Anti-anxiety, calm thought patterns, soothe Nervous System)

*Energy Sedation Reflex Affirmation - I am calm, I am relaxed, I am present*

- **Light Blue dot on tip of thumb** – Pineal Gland reflex

Hold both thumbs together, nail side up. Gently squeeze the inner tips together and use a rolling motion over the area with the light blue dot.

(Regulation of Sleep Hormone Melatonin)

- **Dark Blue dot at base of hand** – Bladder reflex

Use your thumb very gently in a sedating, soothing circular motion over the area.

(Bladder sensitivity, emotional fear, and worry)

*Bladder Reflex Affirmation 'I let go my doubts, fears and worry'*

- **Orange Line** – Arm, leg, knee and elbow reflex

Use the corner knuckle of the index finger on the other hand and use a massaging circular motion up and down the orange line.

(Restless legs, aches and discomfort in leg, knee and arm area)

- **Large Pink Dot on thumb** – Pituitary\* & Hypothalamus

Use the index finger or thumb to apply gentle pressure to the centre swirl on the thumbprint.

Hormonal balance, hot flushes, temperature control and low mood

*Affirmation – 'I balance my mind and body to work in complete harmony'*

*\* The Pituitary Gland is contra-indicated during pregnancy*

*NB. This technique is best avoided during the evening as working over the Pituitary Gland reflex can have a stimulating effect.*

- **Orange triangle shaped area on right hand only** – Liver reflex

Use the caterpillar motion to work your way over the area, imagining you are colouring the area in full. You can use a slightly faster, energizing, pressure here if you wish.

Detoxing and energizing to replenish depleted energy stores.

*Affirmation 'I am energized and filled with joy'*