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Introduction to Foot Reflexology Massage

Significant pressure points restore body mobility.

Foot massage is a traditional way to maintain general health. The practice of Foot Reflexology Massage applies pressure to a person's feet to affect a physical change in the body. Placement of pressure is based on a system of zones and reflex areas that correspond to other parts of the body. Massaging the feet opens nerve pathways and blockages, promoting relaxation throughout the whole body as well as restoring proper organ function. It may help to prevent inflammation, diabetes, high blood pressure, headache, to just name a few positive qualities of Foot Reflexology Massage.

This workshop provides an educational experience in Foot Reflexology Massage and is an introduction to this holistic massage style. It will include the learning of a beneficial and relaxing sequence. We will also be focusing on body mechanics and touch to support your body during the treatment.

Further will the workshop include:

- What is Foot Reflexology Massage
- Identify the foot reflexology zones (spine, neck, shoulder area, digestive system, urinary tract)
- Sequence and technique for a beneficial and relaxing Foot Reflexology Massage
- Techniques (effleurage) to activate lymph flow and circulation on legs and feet
- Relaxation movements and points on the feet
- Body mechanics and touch
- Contraindication of Foot Reflexology Massage
- Experience Foot Reflexology Massage yourself by practicing on each other

This workshop can provide 10 hours of CE to apply for the renewal of the Hawaii massage license.