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FACE REFLEXOLOGY (Basic)

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REFLEXOLOGY

Reflexology is a science concerning human beings, but also an art, because it is a chiropractic method. The term comes from the ancient Greek words "rei" + flames = flow of energy.

Reflexology is the specialty that acknowledges the existence of reflex points, which are located under the skin of the body. These signs are born from the body, after the creation of a disease. With the appropriate pressures - manipulations on the reflex points, we activate the body's self-healing system, achieving in this way from a general relaxation of the body to specialized solutions to many health issues.

Etymologically, the word reflexology consists of the word "reflex", which means reflection, and the suffix "-ologia", which indicates speech.

What do we call a self-healing system?

It is about the healing powers of the body itself, which solve many health issues without the need of medication (chemical or physical). This mechanism is located in the brain and works in cooperation with the rest of the nervous system.

It is about an alternative, complementary, natural, medication-free treatment and belongs to the holistic therapies group. Reflexology considers the man as 3-dimensioned; body, soul, spirit. Reflexology stands for prevention and treatment at the same time. There are 2 types of reflexology:

- Bioenergetic
- Dynamic

Reflexology appeared 5,000 years ago in ancient Greece, Egypt, China, Japan, India. In antiquity people healed themselves easier and more effectively because the energies were purer. Today, it is difficult to heal 100% with reflexology only. In Greek it is called reflex zone- therapy because we work on specific zones. Within the zones there are meridians and acupuncture points on them.

Reflexology is practiced on the face, ears, hands and feet (soles).

GENERAL BENEFITS

- Better sleep
- Increased energy
- Healthier skin
- Elevated mood
- Pain relief
- Improvement of immune deficiencies
- Headache relief
- Clearer sinuses
- Calmer mind
- Body detoxification

CONTRAINDICATIONS

- Contagious infectious diseases
- Blood clots, inflammation of lymphatic & cardiovascular systems
- Surgery-required diseases
- Atrophy or gangrene of foot, severe local foot infections
- Osteoporosis (advanced level)
- Difficult pregnancy
- Excessive medication
- Unstable blood pressure
- Heart disease, heart attack, pacemaker
- Cancer
- Psychoses
- Patients not responding well in treatments
- During the first 3 days of menstruation
- After meals

ATTENTION!

Reflexology does not replace doctors, medication, or surgeries. But is a complementary treatment to all above. Certified reflexologists do not have the right to diagnose or alternate medication. But can and has the right to work with the doctor. In Reflexology we call our clients patients. People don't have to be necessarily "sick" to undergo reflexology sessions.

The Face as a diagnostic tool



The face is the first part of the body from which the therapist collects information. Human energy of health radiates through the face. The posture of the head, the expression of the eyes, the quality of the hair, the muscle tone and the general complexion express the problems of the body and their size.

The study of the face is important, it requires attention, years of experience and great understanding, so that the information obtained can prove fruitful for the treatment of the person.

SKIN INDICATIONS

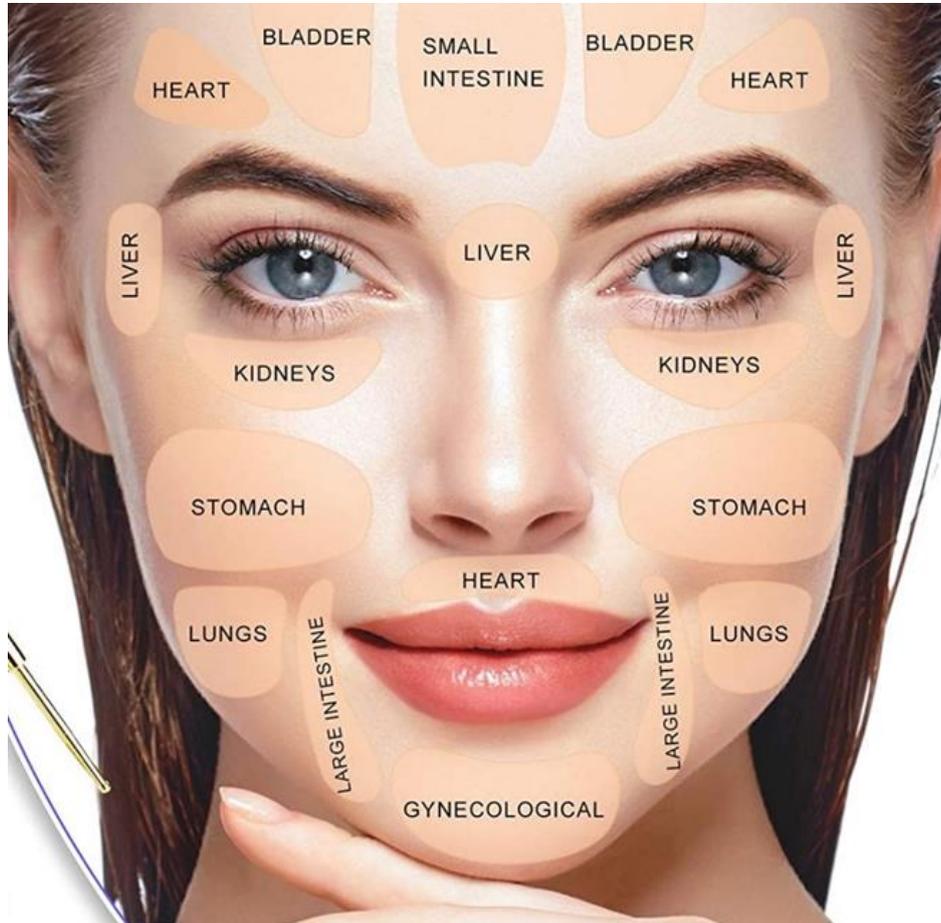
- Tired dull skin
- Retention, toxins
- Lack of vitality, pale skin
- Weak muscle tone
- Inelasticity
- Express lines, wrinkles

SKIN BENEFITS

- Rejuvenates
- Improve wrinkles & lines
- Detoxifies
- Improves blood circulation

Face Reflexology Map – Reflex zones – Organs, indications

On the map we have divided the face into zones where the energy of the organs is reflected. Specifically:



No 1 area corresponds to the intestines

- Oiliness reveals toxins.
- The vertical lines show that there is a lot of “yang” energy in the intestines. Constipation is a frequent difficulty for these people.
- Horizontal ones are associated with excessive “yin” energy in the intestines, which is expressed as bloating and diarrhea.

In area 2 the bladder is expressed

- The lines crossing along the area show the tension existing in the bladder.
- If they are warm and red, it means that in the element “liquid” the “yang” predominates and we need to spread the energy.

In area 3 the liver is expressed

The vertical lines between the eyebrows indicate excessive “yang” energy in the liver and are expressed as intense stress in the eye area. These people suffer from headaches and the energy is concentrated in the upper part of the body. They may be irritated, in a bad mood and have eye problems.

Area 4 corresponds to the kidneys

Oedemas in the eyes area indicate kidney fatigue, or that there is "cold" yin causing water stagnation.

In area 5 the gallbladder is expressed

This area suffers in cases of chronic anger, liver problems and intense thoughts, because excessive yang energy(heat) is accumulated in the upper body. People may suffer from short or chronic fatigue.

In area 6 the stomach is expressed

Observe the quality of the skin and the muscles. Dry skin means that there is too much yang energy in the stomach. Weakness in muscle tone indicates stomach malfunction. Rash and pimples indicate toxins existence.

Area 7 corresponds to the lungs

Red color (redness) indicates yang energy disorder (fullness). White color expresses a yin energy disorder (emptiness). Dry skin means that the “fire” element prevails.

In area 8 the large intestine is expressed

Sagging and weak muscle tone indicate malfunction of the large intestine. Pimples and oiliness in the area reveal toxins. In this case a change in diet is required.

In area 9 the heart is expressed

When sweat appears in the area above the upper lip, it means that the heart is tired. The red capillary vessels at the bottom of the nose express excessive yang energy. Purple or black capillaries indicate a severe health condition. Sweating above the eyebrows means the heart is tired.

In area 10 the reproductive system is expressed

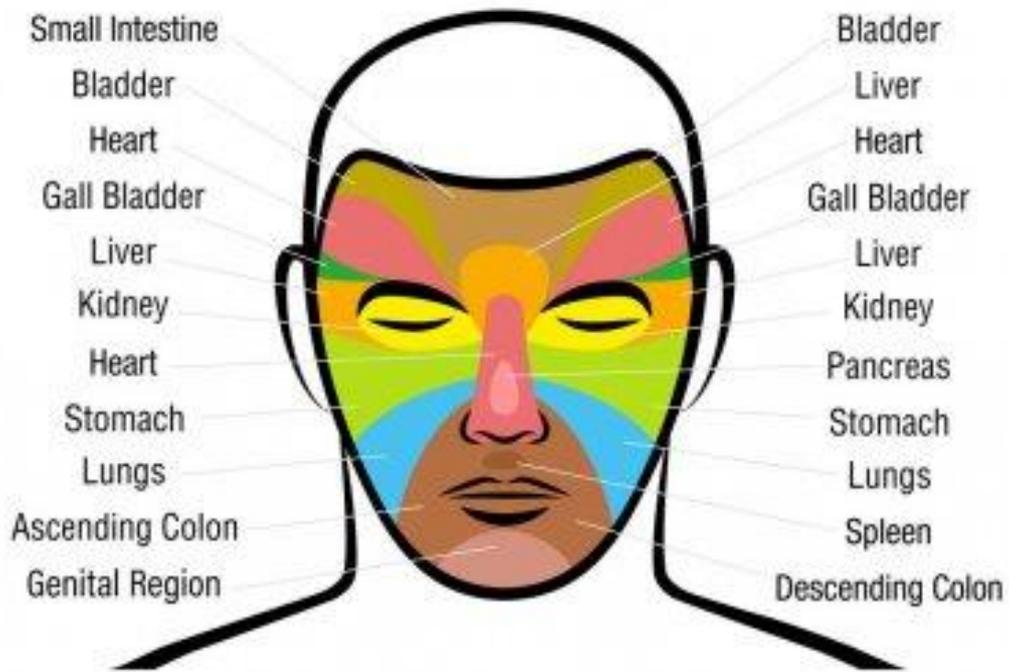
Dark spots show stagnant energy in the genitals. Pimples indicate hormonal disorders, while dryness is an expression of excessive fire (element).

In area 11 the spleen and pancreas are expressed

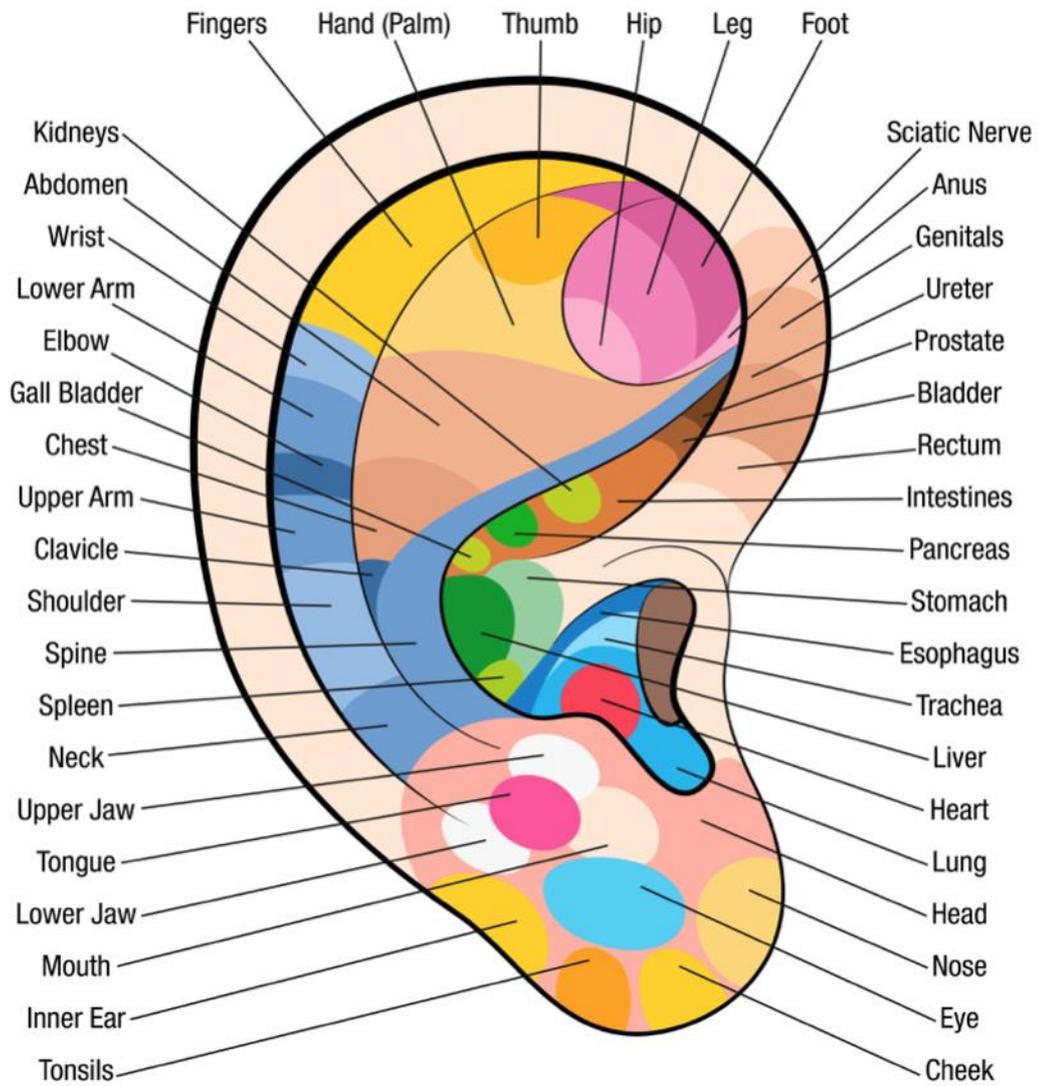
Red capillaries in the area indicate that the energy in these organs is stagnant. Oiliness indicates toxins.



Face Reflexology Chart



Ear Reflexology Chart



FACE REFLEXOLOGY FORM

PERSONAL INFORMATION

Name _____ Phone _____
 Address _____ City/State/Zip _____
 Occupation _____ Employer _____ Email _____
 Primary Physician _____ Emergency Contact _____
 Relationship _____ Phone _____
 How did you hear about us? _____

MEDICAL INFORMATION

Are you taking any medications? Yes No

If yes, please list name and use: _____

Are you currently pregnant? Yes No
 If yes, how far along? _____

Any high risk factors? _____

Do you suffer from chronic pain? Yes No
 If yes, please explain _____

What makes it better? _____

What makes it worse? _____

Have you had any orthopedic injuries? Yes No
 If yes, please list: _____

Please indicate any of the following that apply to you:

- | | |
|--|---|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Heart Attack |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Kidney |
| <input type="checkbox"/> Dysfunction | <input type="checkbox"/> Blood Clots |
| <input type="checkbox"/> High/Low Blood Pressure | <input type="checkbox"/> Sprains or Strains |
| <input type="checkbox"/> Neuropathy | <input type="checkbox"/> Numbness |

Explain any conditions you have marked above:

MASSAGE INFORMATION

Have you had face reflexology before?
 Yes No

Why are you seeking face reflexology today?

What are your goals for this session??



By signing below, you agree to the following.

I have completed this form to the best of my ability and knowledge and agree to inform my therapist if any of the above information changes at any time.

Client Signature _____ Date _____

Therapist Signature _____ Date _____

Tak skal du have! 😊