

## Did You Know?

### Hand Reflexology

Foot reflexology is more commonly used by reflexologists than hand reflexology. Some believe that feet are more sensitive to treatment than hands, however, hand reflexology can achieve equal results or better, if it is used correctly. There are also some advantages:

- It can be done almost anywhere at almost any time: waiting in line, waiting for an appointment, on a plane, on your lunch hour or while you are watching TV.
- You can practice on your friends and yourself.
- It can support the work of a professional reflexologist, helping to speed-up your recovery time.
- If someone is shy about their feet or is ticklish, the hand is a great alternative.

Hand reflexology is a simple and non-invasive method of applying gentle pressure to the surfaces of the hands that facilitates healing on physical, emotional and spiritual levels. Some of the physiological and psychological benefits are that it:

- Reduces stress and tension.
- Will relax you, allowing you to heal.
- Gives you energy and vitality.
- Improves your concentration and stimulates creativity.
- Detoxifies the body.
- Balances emotions.
- Helps balance the body's systems (circulatory, digestive, genito-urinary, lymphatic, musculo-skeletal, nervous, reproductive and respiratory) and it is great for your skin!

WOW! Who wouldn't want all of that?!?

Want to learn more? There are many books about Reflexology. This information was taken from Denise W. Brown's book "Teach Yourself Hand Reflexology".