



Golden Rules

Happy Feet Reflexology

1. Hydrate, hydrate and hydrate more!
Hydration is important, we all know that but it's even more important before and after a reflexology treatment, so make sure you have a glass of water before each session and consume at least **twice as much** as normal after the practice.
During a reflexology treatment toxins are released and these need to be flushed out.
2. Use a balm, hand lotion or any other moisturizer you're comfortable using. Besides giving your hands an additional TLC - which let's face it, we can all do with - it'll also help you with the moves as your hands will glide much easier on lubricated skin.
3. Don't use too much pressure - if you experience intense pain in an area go easy, don't press too deep. Especially at the beginning, it is more beneficial to revisit painful or sensitive areas often than once too intensive - remember gently does it.
4. Always use relaxing and stretching moves before and at the end to avoid injuries. Warming up your wrists, joints, muscles and ligaments is extremely important. If nothing else, make sure you shake your hands for a few minutes at least.
5. Experiment freely with the different moves and areas and change moves during practice too to avoid tiring out your hands, although I promise you it'll get easier with time.
6. Keep your nails short - to be able to use both the caterpillar walk and butterfly walk comfortably you'll need shortish nails otherwise you will poke instead of massaging the areas.