

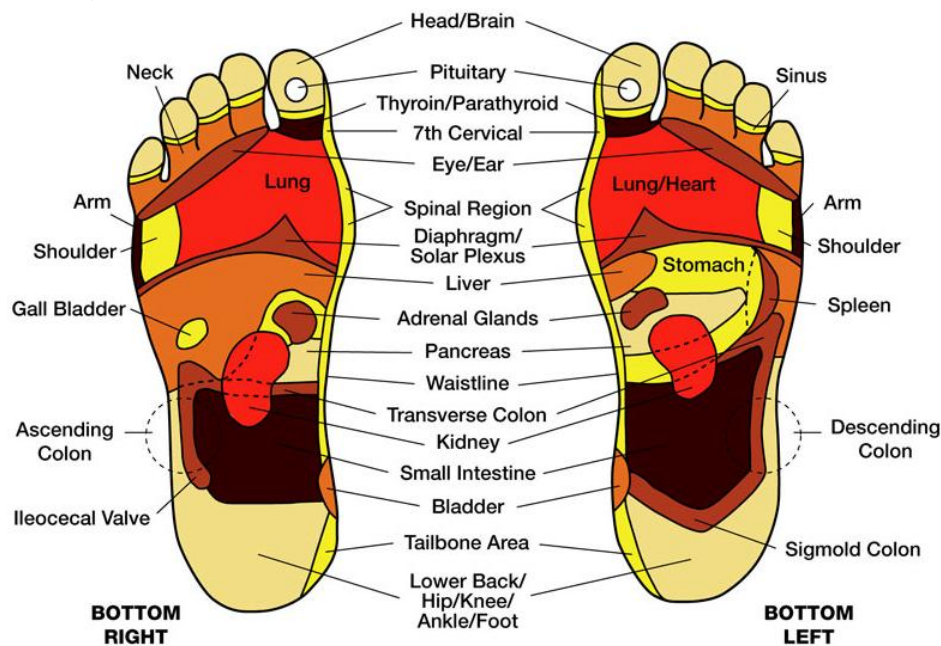
# Thai Foot Reflexology

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*"It is no mistake that the bottoms of the feet are called the soles." –Kat Myers*

Reflexology has been practiced around the world for over 5,000 years. Thai Massage has been practiced for over 2,500 years. Each Thai Massage applies hand, foot, and face reflexology, which significantly impacts the nervous system. This is because the highest proportions of sensory neurons are located in these three areas.



1

Reflexology is the practice of working specific regions of the hands and feet that are related to specific organs, glands, muscles, bones, etc. to promote feelings of well being and good health. Reflexology asserts a connection between the Macrocosmic (e.g., the body) and the Microcosmic (e.g., the foot). The exact biological mechanism underlying the impact and benefits of Reflexology is unknown. Some theories posit that the nervous

<sup>1</sup> Illustration found at <http://www.reflexologyseminarsofny.org/uploads/footchartnowords.jpg>

system, the fascial system, or even the meridian/chi system is the underlying catalyst for the connection between reflexes and the rest of the body.

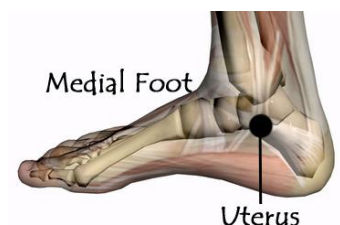
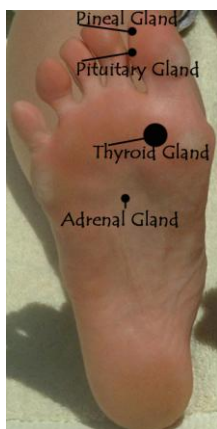
Like most Asian medical theories, Thai Massage acknowledges the influence of the vital life force, or "*lom pran*" (or simply *lom*) in health or disease. When healthy, *lom* travels easily along what the Thais call "*sen*", or energy lines/meridians. When sick, *lom* is blocked along the *sen*, and manifests as pain, numbness or inflexibility. **The goal of Thai Massage and Thai Reflexology is to press and stretch the *Sen* to rebalance the flow of *lom*.** Although we aren't sure why Reflexology works, science has demonstrated that it does provide both physical and psychological benefits.

## Benefits

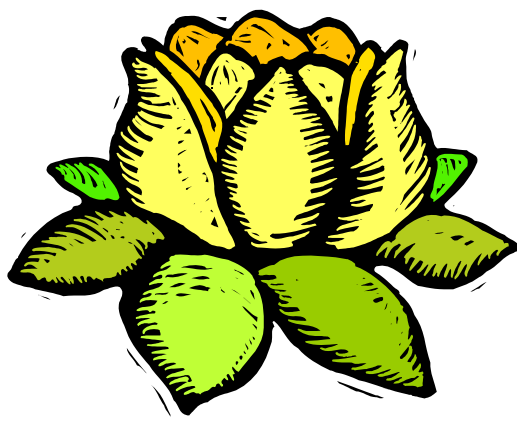
- Relaxation
- Increase circulation of blood and lymph
- Efficiently addresses all the systems of the body
- Encourages a return to homeostasis
- Very grounding and helps calm the mind
- Encourages detoxification
- Serves as preventative healthcare
- Non-invasive

## Contraindications

- Do not work any site of injury: cuts, bruises, broken bone, sprains
- For pregnant clients, avoid bone to bone/ischemic pressure on the following Reflexology and Acupressure points, and do not traction the leg inferior in the third trimester



Metta...



*"My religion is loving kindness." --Dali Lama*

The uniting theme of Thai Massage is the concept of "metta". "Metta" is the Thai expression of loving kindness—the feeling that all beings are our friends, and holding a sincere desire to benefit all beings through our words, thoughts and actions. The heart of Thai Massage is growing your *Metta*, or cultivating loving kindness for yourself and your client.

Does it feel good to give?

Does it feel good to receive?

If the answer is 'YES' to both of these questions,  
then you're doing it right!

To make sure it *feels good to give*, we want to combine happy body mechanics (e.g., head over heart over hara) with the intention for maximum awareness and minimal effort. To make sure it *feels good to receive*, we want to move with rhythmic, rocking motion and stretching incrementally from lighter to deeper pressure.

*Remember to breathe, relax and have fun.  
It is possible to receive as much benefit as your client,  
if not more, while you give Thai Reflexology!*



## Ankle Loosening

Dorsi Flex and Plantar Flex the feet light, medium, and deep

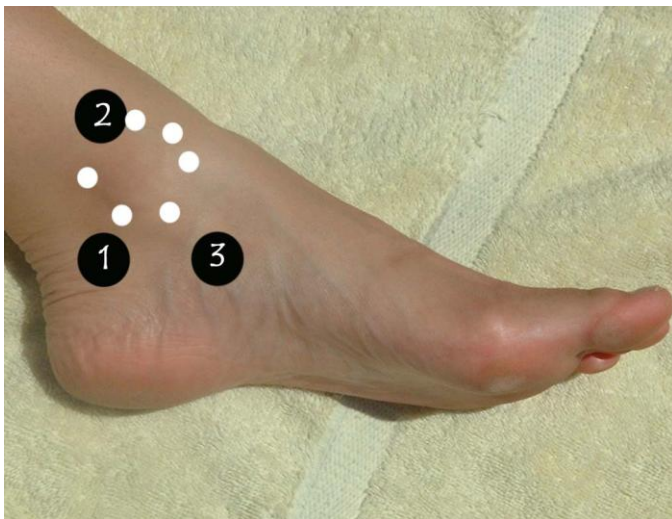
Circle the ankle clockwise and counterclockwise 3x light, medium, and deep

Lean back and twist lateral foot; Switch hands, lean back and twist medial foot



## Spinal Reflexes

Simultaneous, bilateral thumb press pressure points 1-6, in three sets with light, medium, and then deep pressure

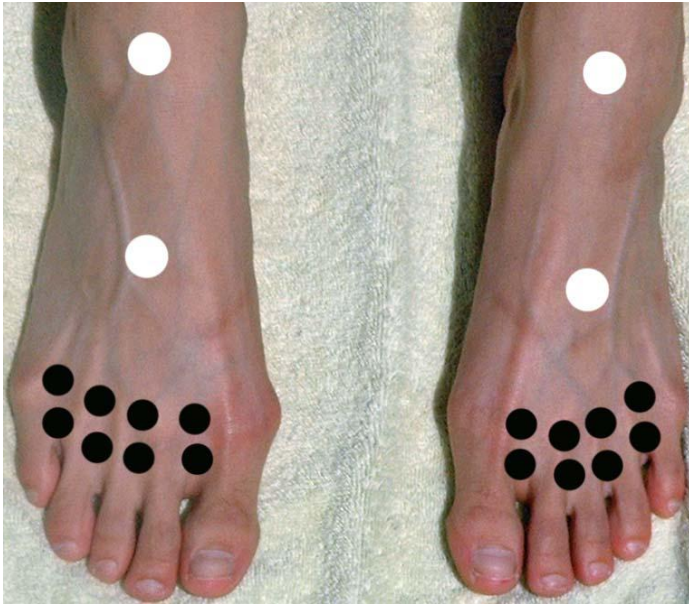


## Medial Ankle Release

Simultaneous, bilateral thumb circle each white dot 3x

Simultaneous, bilateral thumb press and hold each point (1-3) for 12-36 seconds





## Pain Reducers

Simultaneous, bilateral thumb circle white circles on top of foot

Simultaneous, bilateral thumb or finger press each black circle for 3 seconds with progressively deeper pressure



## Interlace & Scoop

1. Slide fingers between webbing of toes and scoop up and release 3x
2. Dorsi/plantar flex/extend 3x (interlaced optional)
3. Rotate clock- and counterclockwise



## Foot Scraping

Use side of bamboo stick to scrap foot vigorously up and down in following order:

1. Medial instep of foot from ball of foot to heel
2. Medial ball of foot to big toe



3. Scraping 3x each on medial side, top, and lateral side of each toe
4. Use a scooping scrape between each toe (away from toe 3x, towards toe 3x, then both ways 3x forming a smiley face)



5. Scraping lateral ball of foot, and continue down entire lateral foot to heel



### Scrap Diaphragm Line

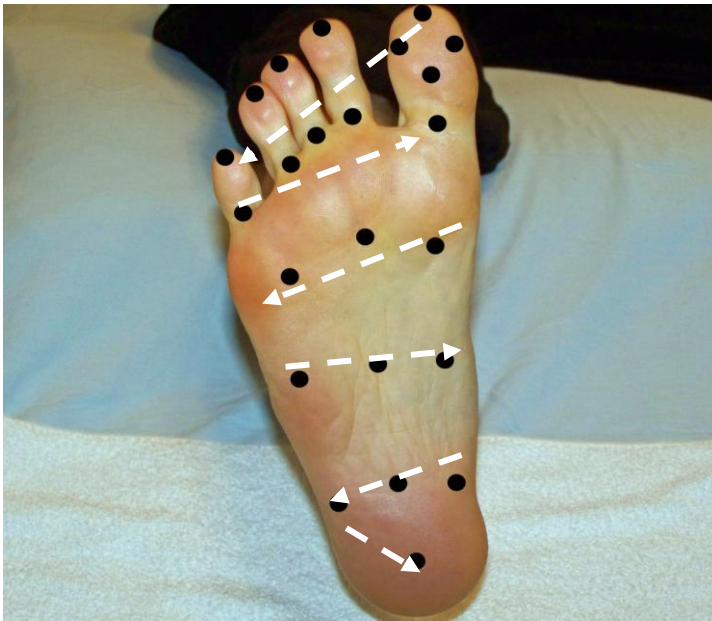
1. Use stick point to follow across diaphragm line between arch and ball of the foot 3x
2. Use stick point to cross fiber along diaphragm line to create space





### Scrap Pelvic Line

1. Use stick point to follow across pelvic line between heel and arch of the foot 3x
2. Use stick point to cross fiber along pelvic line to create space



### Thai Therapy Points

Press into and gradually increase pressure for 3 seconds and release each of the therapy points in this zigzag order:

1. toe tips (4 spots for big toe)
2. base of toes
3. diaphragm line
4. waist line
5. pelvis line

*Repeat on opposite foot*



*With METTA...  
Sawadee Krup! Sawadee Ka!!*

*Thanks for sharing your healing presence with us!*

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