

STRESS BUSTING HAND REFLEXOLOGY

WORK BOTH HANDS: TRY THIS FOR 5 MINUTES A DAY
WORK ONE HAND AT A TIME USING THE OTHER HAND TO WORK THE REFLEXES. THEN SWAP HANDS.



- Use your thumb to push across the purple dotted line on the opposite hand (the diaphragm line).
- Use your thumb to make slow circular movements in the centre of the hand (the solar plexus reflex). Take 3 deep breaths, in through your nose and out through your mouth.
- Use your thumb to gently press and rotate over the green circle in the soft area between thumb and first finger (adrenal reflex).
- Use your thumb to push firmly along the pink dots (the spinal reflex).
- Press and rotate over the grey circle in the centre of the thumb (the pituitary gland reflex).