



# *Art-Massage*

*Academy of Massage Therapy*

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# *Art-Massage*

*Academy of Massage Therapy*

*Workshop - Course*

*Foot Reflexology*

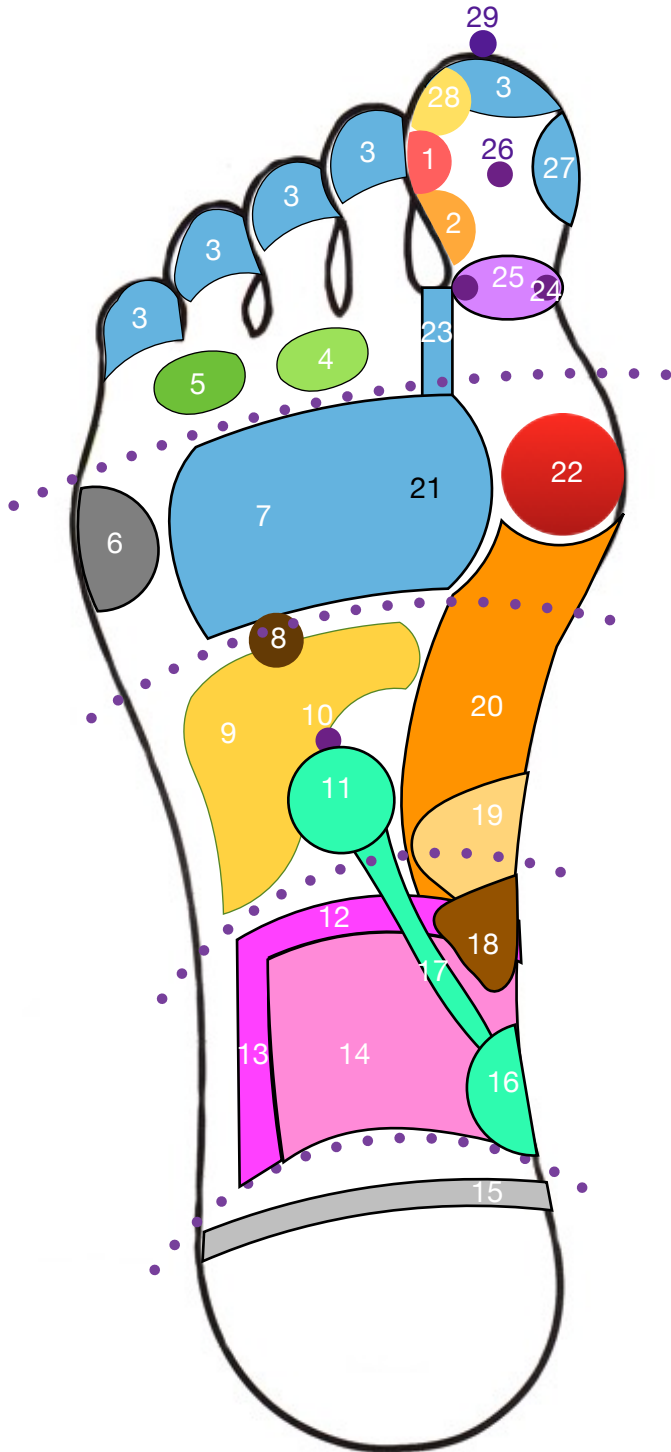
*Immunology Boost*



*Massage & Auto-Massage*

# Plantar Reflex Zone Map

## Right Foot



1 Trigeminal Nerve

2 Cerebellum

3 Frontal Sinuses

4 Eye

5 Ear

6 Shoulder

7 Lung

8 Gall Bladder

9 Liver

10 Adrenal Glands

11 Kidney

12 Transversal Colon

13 Ascendant Colon

14 Small Intestine

15 Sciatic Nerve

16 Bladder

17 Ureter

18 Duodenum

19 Pancreas

20 Stomach

21 Solar Plexus

22 Heart

23 Trachea esophagus

24 Parathyroid Glands

25 Thyroid Gland

26 Hypothalamus Pituitary Gland

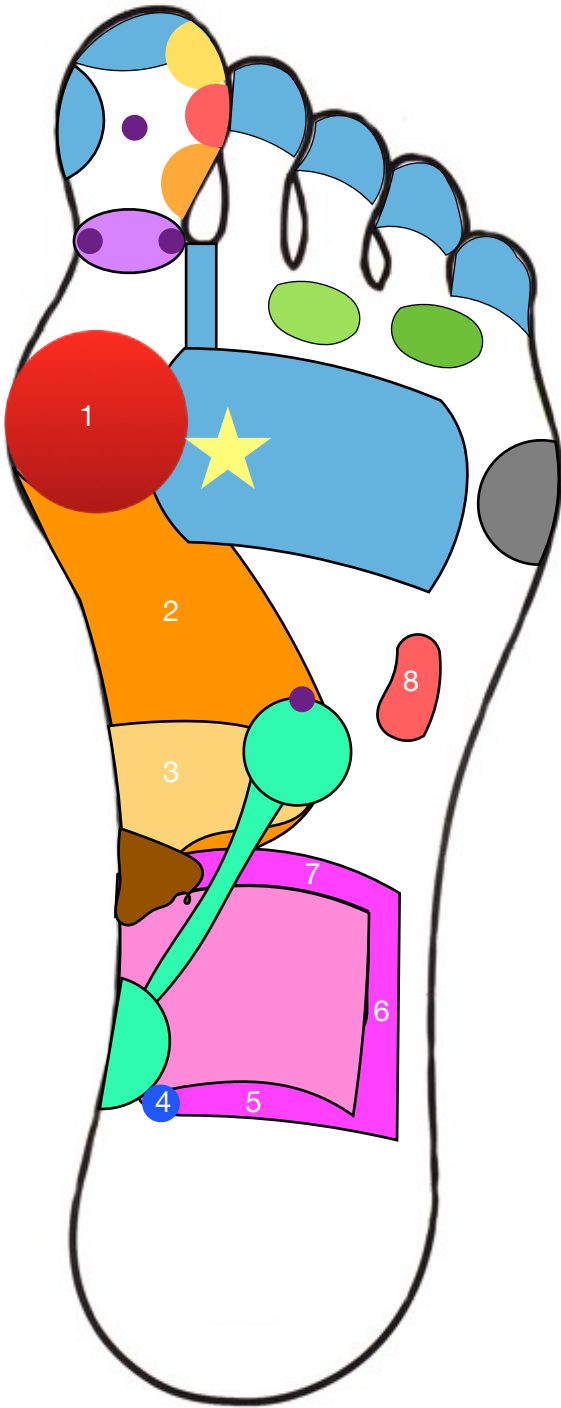
27 Nose

28 Temple

29 Pineal Gland

# Plantar Reflex Zone Map

## Left Foot



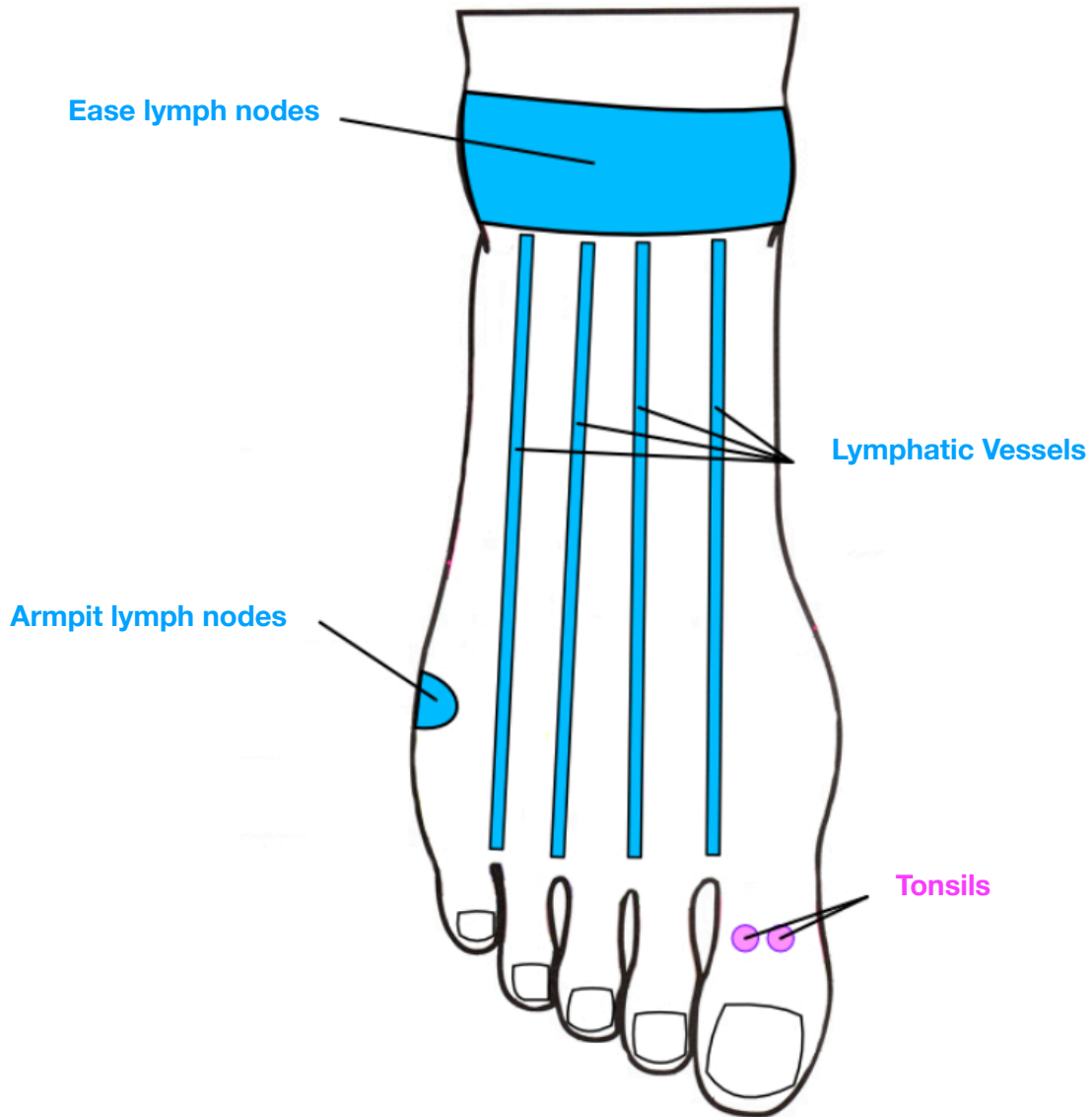
- 1 Heart
- 2 Stomach
- 3 Pancreas
- 4 Anus / Rectum
- 5 Sigmoid Colon
- 6 Descending Colon
- 7 Transversal Colon
- 8 Spleen

*The other zones are the same as the right foot*

# *Plantar Reflex Zone Map*

## *Immunology Boost*

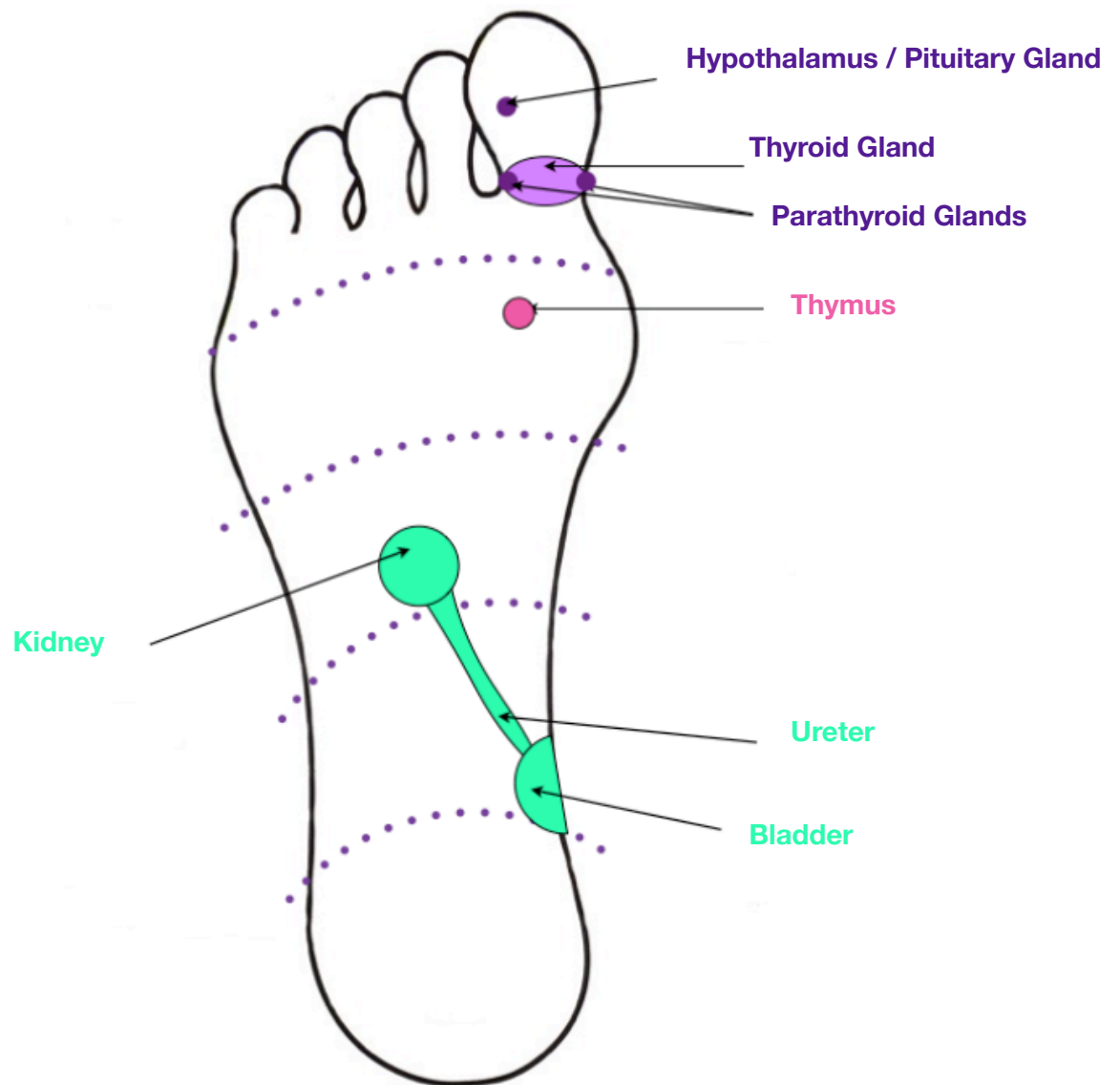
*Same zones both feet*



# *Plantar Reflex Zone Map*

## *Immunology Boost*

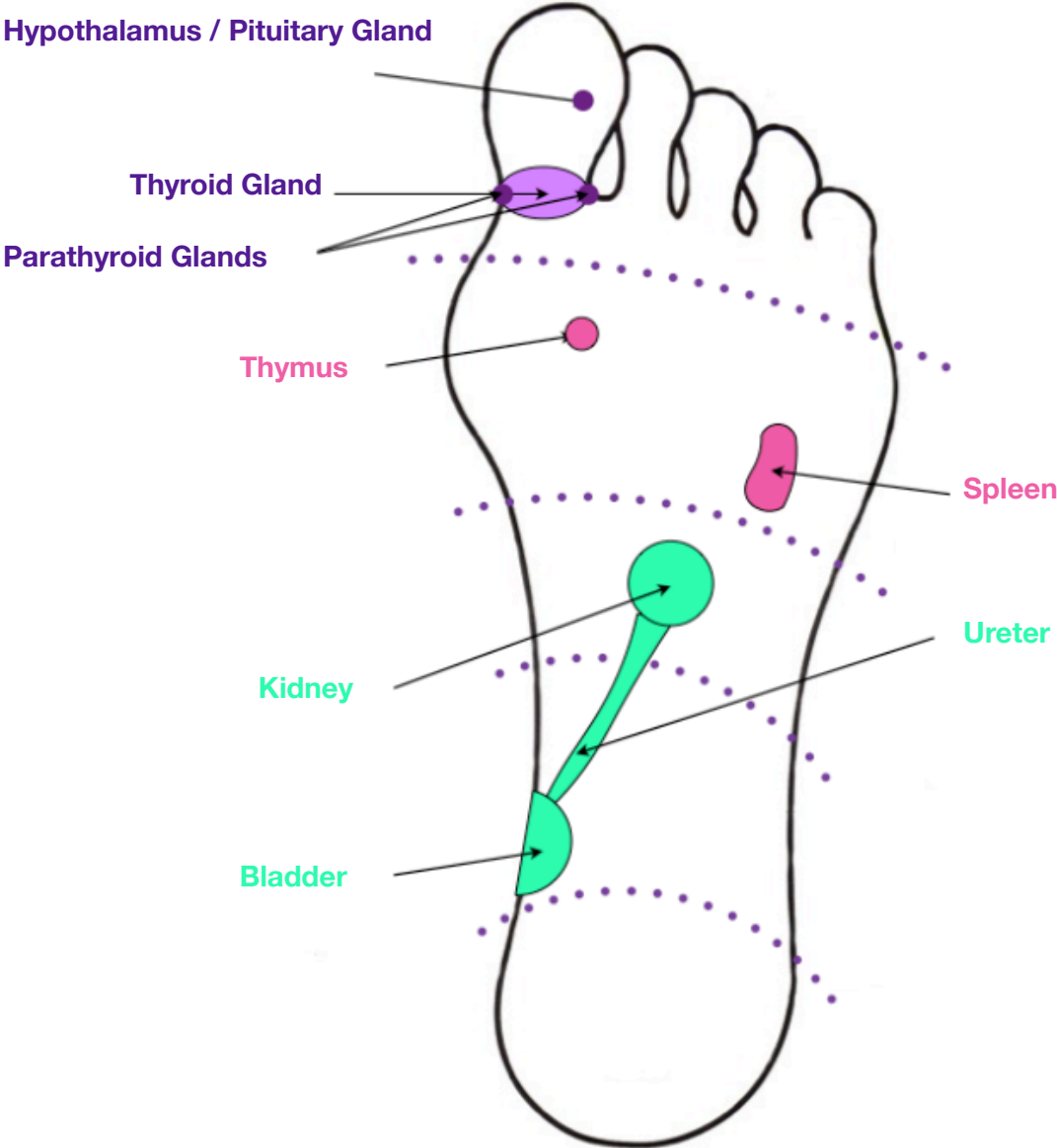
### *Right Foot*



# Plantar Reflex Zone Map

## Immunology Boost

### Left Foot





# *Art-Massage*

*Academy of Massage Therapy*

## *1 Endocrine System*

- Hypothalamus-Hypophyse Glands*
- Thyroid Gland / Para-Thyroid Glands*

Regulation of the Endocrine Glands and their Hormones controlling a large number of body functions

## *2 Immune System*

- Tonsils*
- Thymus*
- Spleen*

Blood production, Maturation of certain lymphocytes, Renewal of blood constituents...

## *3 Lymphatic System*

- Ease Lymph Nodes*
- Lymphatic Vessels*
- Armpit Lymph Nodes*

System Activation

## *4 Urinary System*

- Kidney | Ureter | Gladder*

Activates elimination of toxins and microbial waste via urine



## *Relaxing Massage Techniques (Swedish type)*

- Spread the cream over the foot and leg - 3 Effleurages Pieds/Jambes
- 3 Rotations around the Malleoli
- Rotations with both palms (with the heel of the hand) on the plantar and dorsal surfaces of the foot
- Sliding pressure of the hands on the foot, moving up the leg (Flattening) Back and forth
- 3 Rotations around the malleoli
- 3 Effleurages Feet/Leg
- Circular Sliding Pressures around the Posterior Heel, slowly and progressively up the Achilles Tendon to halfway up the Calf, then back to the Ball of the Foot.
- Slide the Thumbs over the entire surface of the Sole (upwards, one inch after the other) or (from Left to Right and vice versa, one inch above the other, alternating). Start at the posterior heel and work up to the ball of the toes.
- Sliding pressure of hands on foot, moving up the leg (flattening).
- 3 Rotations around the malleoli
- 3 Effleurages Feet/Leg
- Sliding pressure with Thumbs on dorsal side of Foot. Move up to the flexion crease of the ankle. Return to the toes
- Fountain pressure with Thumbs on the inside of the Foot. Go as far as the Achilles tendon (around the medial malleolus). Return to the big toe
- Slip pressure with the Thumbs in a fountain on the outside of the Foot. Go to the Achilles tendon (turn of the lateral malleolus). Return to the 5th toe.
- Sliding hand pressure on the foot, moving up the leg (flattening).
- 3 Rotations around the malleoli
- 3 Effleurages Feet/Leg
- Traction (15 seconds) of lower limbs
- Compression (15 seconds) of lower limbs
- Place client's foot on table (knee bent)
- Smooth leg from ankle to knee
- Kneading of leg from ankle to knee
- Twisting the leg from ankle to knee
- Compression / Spreading of leg muscle fibers upward from ankle to knee (Dive - Return)
- Smoothing the leg from ankle to knee
- Place client's foot on table (knee extended)

- Traction (15 seconds) of lower limbs
- Raise Foot above table (10cm, knee in extension)
- Smoothing of rear leg (posterior) down from knee to ankle (x 6 ), then sliding pinch pressure to big toe.
- Circular traction of the toe (Energetic Release)
- Smoothing of the back leg (posterior), moving down from the knee to the ankle (x 6 ), followed by a pincer glide to the 2nd toe.
- Circular traction of the toe (Energetic Release)
- Repeat for last 3 toes, then rest foot.
- Sliding hand pressure on foot, moving up the leg (Flattening) Back and forth
- 3 Rotations around the malleoli
- 3 Effleurages feet/legs
- Sliding star-shaped pressure towards the top of the internal arch (Lejars sole), bringing blood from the foot to this area
- Compression of the area (Lejars sole)
- Broad, pincer-like smoothing of the leg, one hand at a time
- Sliding star-shaped pressure towards the top of the medial arch (Lejars sole), drawing blood from the foot back to this area
- Compression of the area (Lejars sole)
- Medium pinch smoothing of the leg, one hand at a time
- Sliding star-shaped pressure towards the top of the medial arch (Lejars sole), drawing blood from the foot to this area
- Compression of the area (Lejars sole)
- Tight, pinch-like smoothing of the leg, one hand after the other
- 3 Effleurages Feet/Leg
- 3 Rotations around the malleoli
- Sliding pressure of the hands on the foot, moving up the leg (Flattening)
- Rotations with both palms (with the heel of the hand) on the plantar and dorsal surfaces of the foot
- Sliding pressure of the hands on the foot, moving up the leg (flattening), then back to the toes.
- Finish with Big Toe Traction.
- Vibrate thigh, knee, leg, ankle, foot, big toe.
- Wrap towel around foot - Change foot - Start again - Enjoy! Pura Vida!



# **Art-Massage**

*Academy of Massage Therapy*

***Find out about all the training courses***

***Indian Cranial Massage*** (Ayurveda) Head + Shoulders

***Abhyanga Massage*** (Ayurveda) Full Body

***Shirodhara Massage*** (Ayurveda) Face + Oil on the Head

***Balinese Massage*** (Ayurveda) Full Body

***Kansu Bowl Massage*** (Ayurveda) Feet + Legs

***Lomi-Lomi Massage*** Full Body

***Chair Amma Massage*** Back + Head + Arms

***Californian Massage*** Full Body

***Swedish Massage*** Full Body

***Face Massage*** Face

***Hot Stones Massage*** Full Body

***Réflexologie Anti Stress, Special Détox, Immuno Boost*** Massage +  
Auto-Massage

***Metamorphic Massage*** Feet + Legs