

Reflexology Stress Workout

- The reflexology stress workout should be performed whenever you are feeling any type of tension or stress within your day's activities. Remember to coordinate the pressure with your breathing and to visualize the body parts related that are being stimulated by working the reflexology points.



Reflexology Stress point 1



- This reflexology point stimulates the Solar Plexus and Diaphragm reflexes to prompt the muscles and organs of the abdomen to relax. Perform this exercise seven times on each hand.



Reflexology Stress point 2



- This point stimulates the Pituitary Gland Reflexes to align specific hormonal balances within the body. This point should be performed seven times on each hand.



Reflexology Stress point 3



- This point stimulates the Thyroid and Parathyroid Gland reflexes to facilitate these glands to bring muscle tension into balance. This exercise should be performed seven times on each hand.



Reflexology Stress point 4



- This point stimulates the Lung Reflexes in order to increase the flow of oxygen into the blood which then enhances the metabolic processes that refreshes and nurtures the body. Perform this seven times on each hand.

Reflexology Stress point 5



- This point stimulates the Kidney Reflexes which triggers the kidneys to align the fluid balances that affect the blood pressure. This exercise should be performed seven times on each hand.



Reflexology Stress point 6

- This point is located along the edges of the hands and extends from just below the top of the thumbs down to where the hands meet the wrists. Use your thumb to work the area with a firm, rolling press, starting on the edge of the thumbnail and working down to the side of the hand in one motion. This exercise is to be performed seven times on each hand, using light pressure on the first pass.
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Reflexology Stress point 7



- This point stimulates the Solar Plexus and Diaphragm Reflexes which will induce the solar plexus to send signals that will leave the body feeling relaxed and peaceful. Perform this exercise seven times on each hand.