

Ariana Institute

Reflexology

Continuing Education Course

Ariana Vincent, LMT, MTI, Instructor

1824 Banks St, Houston, TX 77098

(361) 880-0609

support@arianainstitute.com

www.arianainstitute.com



*Ariana Vincent is approved as Continuing Education Provider and Massage Therapy Instructor throughout the United States and by
The Texas Department of Licensing and Regulation, Massage Therapy Division
The National Certification Board for Therapeutic Massage and Bodywork*

Copyright © 2022 by Ariana Vincent, LMT, MTI. All rights reserved. No part of this book may be reproduced in any form without written permission from the author.

“Touching the present moment is the door to everything.” (Thich Nhat Hahn)

REFLEXOLOGY

Table of Contents

My Journey as an MTI and CE Provider	3
What is Reflexology?	4
History of Reflexology	5
Reflexology and Meridians	7
Indications and Contraindications for Reflexology	9
Foot Facts	10
Protocol For A Foot Reflexology Treatment	12
Protocol for a Foot Massage	13
Foot Reflexology Chart	18
Ear Reflexology	19
Protocol for an Ear Reflexology Treatment	20
Ear Reflexology Chart	22
Protocol For A Hand Reflexology Treatment	23
Protocol for a Hand Massage	24
Hand Reflexology Chart	26
Reflexology	28
REVIEW AND APPLY YOUR KNOWLEDGE	30
TDLR Combats Human Trafficking	32
TDLR's Human Trafficking Prevention Resources	33
TDLR's Human Trafficking Prevention Efforts	34
TDLR's Resources on Human Trafficking Prevention – Articles	36
Marketing and Practice Building Tips	37
Resources for Advanced Study	39
CONTACT INFORMATION FOR ARIANA INSTITUTE	41
ARIANA INSTITUTE'S ONLINE CE CLASSES	42



My Journey as an MTI and CE Provider

By Ariana Vincent, LMT, MTI, CE Provider

Becoming a Massage Therapy Instructor, after being a Licensed Massage Therapist for over twenty years, was part of a natural evolution that allowed me to diversify while staying in a profession that I love. The foundation that was formed during the time I was practicing massage therapy helped me see through the lens of a practitioner who had real world experience as I applied the principles of learning to the classes I developed and taught.

After graduating from the University of Texas in 1979, I took graduate classes at Texas State University in the Department of Education. Prior to licensing in Texas, I participated in massage classes in 1982 and then, once Texas mandated licensing, I participated in-depth core-curriculum classes.

Subsequently, I took advanced CE classes in Marketing, Ethics, Ayurveda, Therapeutic Touch, Hot Stone, Prenatal, Cranio-Sacral, Deep Massage, Trigger Point, Myofascial, Shiatsu, Oncology, Geriatric, PTSD, and Lomi Lomi. Additionally, I attended seminars and workshops offered by the World Massage Festival (WMF), the American Massage Therapy Association (AMTA), and the Alliance for Massage Therapy Education (AFMTE).

After becoming a Texas approved MTI and CE Provider, I soon became a Nationally Approved CE provider through the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

Many mentors have helped guide me along the way, including a valued mentor who suggested that I write books. His suggestion resulted in the creation of eight massage books, numerous articles, and over thirty extensive course notebooks. In 1998, a group of McCombs School of Business graduate students at the University of Texas mentored me. In 2021, more valuable mentors came into my life through my association with the Alliance for Massage Therapy Education.

After the hands-on courses and course notebooks were developed, I began including online learning in my repertoire as an educator. I uploaded course material that included text, graphics, videos, assessments, and evaluations to a Learning Management System (LMS) and marketed those courses nationwide.

My twenty-year career as a Massage Therapy Instructor has been a profoundly deepening experience. It has given me a purpose in life like no other career field has offered. I have a deep and profound respect for my profession, and my hope is that you will find this career path as fulfilling as I have.

What is Reflexology?

Reflexology is a system of treatment that involves stimulating points on the body in the hands, feet, and ears. According to Traditional Chinese Medicine (TCM) tenets, the feet, hands, and ears are a hologram of the body. When a reflex point is pressed, that pressure triggers signals to the peripheral nervous system. The signal enters the central nervous system, processed in various parts of the brain. It is then relayed to corresponding parts of the client's body.

The powerful technique of Reflexology is based on the premise that there are reflex areas in the hands, feet, and ears that correspond to and are connected to the body's systems and organs and that massaging these areas can dissolve congestion and nourish the body by promoting homeostasis. In other words, for example, stimulating a point on the foot that corresponds to the neck can promote the relief of pain in the neck; stimulating a point on the ear that corresponds to the sinus can promote the ease of sinus congestion—and so on with the rest of the entire body.

Reflexology assists the body in attaining or maintaining a desirable state of health by balancing the function of the internal organs, relaxing muscles and promoting pain-killing hormone production.

Massaging someone's feet can be an effective way of inducing deep relaxation. The simple human contact and support offered through touch is medicine in itself. Reflexology is a powerful and supportive technique to reduce stress and release anxiety. When the body is relaxed, tension is relieved and the circulation of blood and lymph is restored to its natural flow and all of the body's processes function more efficiently. Simultaneously, awareness of one's body is heightened.

Beyond these pleasurable feelings of relaxation, recipients of Reflexology often report a wide range of other benefits, such as feeling more centered, feeling more solidly connected to the ground and paradoxically feeling like walking on air, experiencing deeper sleep, relief from a wide variety of aches and pains, relief from headaches and clearing of sinus congestion. These effects have been observed to facilitate the natural healing processes of the body and enhance a person's general health.

In Reflexology we have an easy-to-learn, non-invasive technique that provides the recipient with a blissfully relaxing experience that is potentially powerful in its ability to assist the body in returning to a state of homeostasis.

History of Reflexology

Reflexology has been used for more than 5,000 years. History suggests that foot Reflexology was used by the ancient Indians, Egyptians, Chinese and Japanese. The most concrete evidence of the practice of Reflexology in ancient cultures was the discovery of the wall painting depicting the practice of Reflexology in the tomb of Ankhmahor, which is also known as the Physician's Tomb. This Egyptian wall painting is dated at the 6th dynasty, about 2330 B.C.E.¹

Dr. William Fitzgerald (1872–1942), a U.S. physician who was an ear, nose and throat specialist, discovered zone therapy for anesthetic purposes in the early 1900s. Dr. Fitzgerald claimed that applying pressure to Reflexology points had an anesthetic, or numbing, effect on other areas of the body.²

Eunice Ingham and Dwight Byers

Eunice Ingham published her first book, *Stories The Feet Can Tell*, in 1938. In it, she documented her cases and carefully mapped out the reflexes on the feet. Her charts are still used widely in the world of Reflexology. Her book was later translated into seven languages and so the benefits of Reflexology became known throughout much of the world.

In the late 1950s, Dwight C. Byers, Eunice Ingham's nephew, started helping her at her workshops, and in 1961, Byers and his sister Eusebia Messenger, R.N., joined their Aunt Eunice teaching workshops full time. Seven years later the three of them founded the National Institute of Reflexology.

In the mid 1970s, Eusebia retired and Dwight C. Byers founded the International Institute of Reflexology, where the theories and techniques of Reflexology were further refined.

Eunice Ingham's contributions to the world of Reflexology include the following:

- She was a proponent of the theory that the reflexes on the feet are a mirror image of all the organs, glands and all parts of the body—the charted map of the reflexes according to the anatomical model.
- She believed that the pressure has a stimulating effect on the body rather than a numbing effect as posited by Fitzgerald in his studies on the anesthetic effect of Reflexology.

¹ "Benefits of Reflexology." Bella Tocarre Beauty Blog. October 13, 2010. Accessed September 8, 2014. www.bellatoccare.blogspot.com/2010/10/benefits-of-reflexology.html

² "History: Dr. William H. Fitzgerald." Modern Institute of Reflexology. Accessed September 8, 2014. www.reflexologyinstitute.com/reflex_fitzgerald.php

- She brought information about Reflexology to the public and to naturopaths, chiropractors, osteopaths, massage therapists and physiotherapists.

Dwight C. Byers and his wife Nancy have been responsible for formulating and consolidating the teachings of Eunice Ingham through The International Institute of Reflexology. Dwight authored the book, *Better Health with Foot Reflexology The Original Ingham Method*, in 1983, revised 2001, and continues to promote Reflexology and a healthier way of life in the US and in countries all over the world, including Australia, New Zealand, Thailand, Singapore, and South Africa.

In the late 1950s, Dwight C. Byers, Eunice Ingham's nephew, started helping her at her workshops, and in 1961, Byers and his sister Eusebia Messenger, R.N., joined their Aunt Eunice teaching workshops full time.³

Several other practitioners have also contributed and expanded the field of Reflexology. In 1975, Mildred Carter wrote and published the first book on Hand Reflexology, *Hand Reflexology: Key to Perfect Health*. Doreen Bayly is attributed as sparking the interest of Ingham's work in the United Kingdom and for founding the Bayly School of Reflexology, which is the official teaching body of the British Reflexology Association. In Germany and parts of Switzerland, Hanne Marquardt was the driving force behind the modern use of Reflexology in many parts of Europe. In the 1980s in Asia, the rediscovery of this ancient foot method happened through Father Josef Eugster, a Swiss priest with a parish in Taiwan.⁴

In 1996, Terry Oleson, Ph.D., published the *Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture*, the first book to contain, side-by-side, all of the reflex map points, master points and functional points on the ears.

³ Dwight Byers. International Institute of Reflexology USA. 2012. Accessed September 29, 2013. www.reflexology-usa.net/history.htm. Used with permission of Dwight Byers.

⁴ Eunice Ingham. "History of Reflexology." Reflexology Wellness. Accessed September 29, 2013. www.reflexologywellness.com/History.html

Reflexology and Meridians

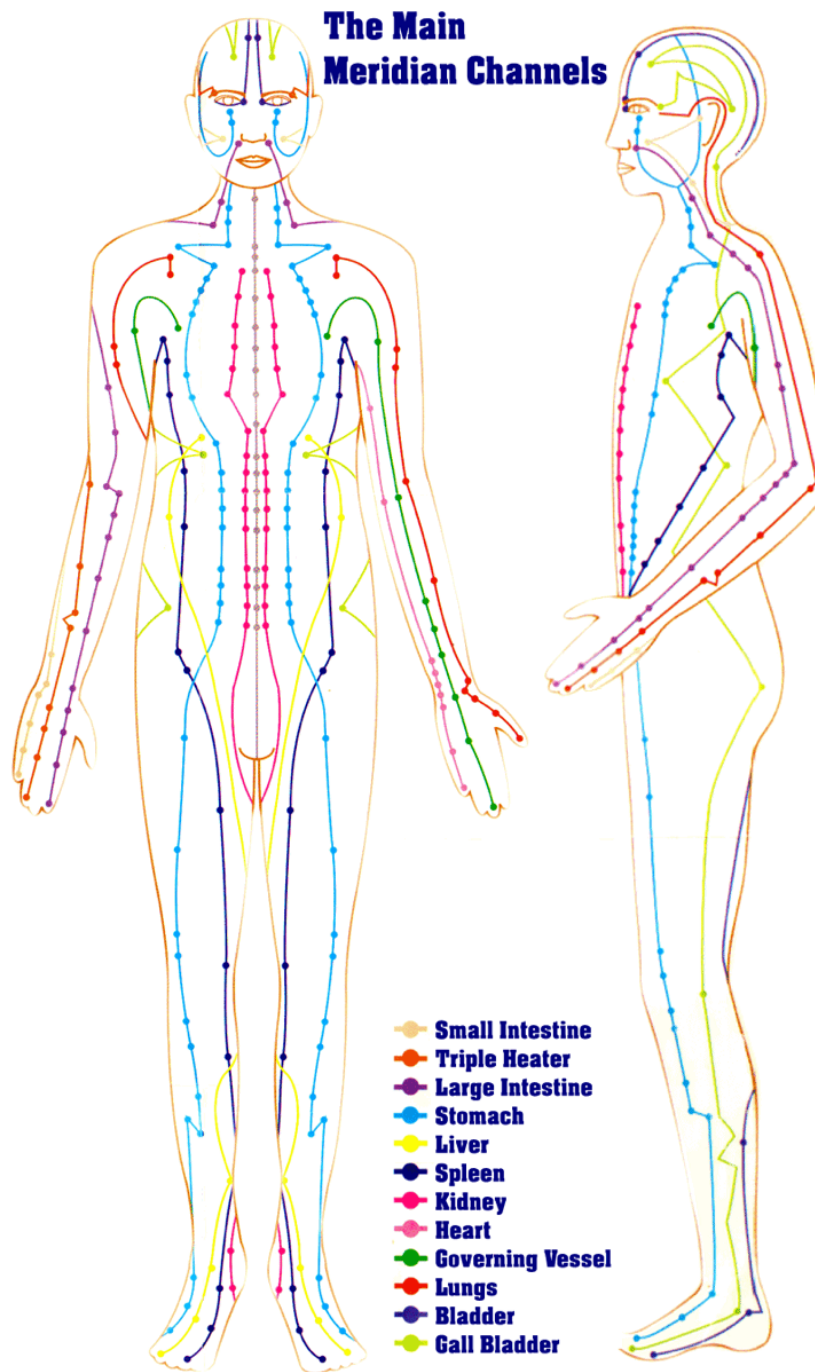
As discussed in the earlier section of this manual on facial acupressure, the life energy of the body, or *chi*, flows through channels called *meridians*. According to Traditional Medicine, blockages in this flow may lead to disease and discomfort in various forms. As with acupuncture and acupressure, Reflexology works by removing blockages to the flow. There exists a connection between the meridian system described in Chinese acupuncture and acupressure and Reflexology. The theory behind Reflexology therapy and meridian therapy is that these natural healing methods are designed to unblock energy and nerve pathways that may cause physical obstructions. The connecting point is the concept of energy channels that are pivotal to the practices of acupuncture and acupressure and Reflexology. All treatments act on the premise that vital energy, or *chi*, considered the foundation of health, traverses the body through the meridians in specific patterns. Both practices assert that disease is caused by blockages within these energy channels lead to disease, and restoring the energy flow restores health that are called meridians.

Points along the meridians, situated all over the body, are either stimulated or sedated with needles (in acupuncture) or deep pressure (in acupressure or Reflexology) in order to restore harmony to the body. Reflexology concentrates on those sections of the meridians found in the feet, hands and ears, and these are worked on through the application of specific finger techniques.

The effects of Reflexology are attributed, in part, to massaging the reflexes, or points, on the hands, feet and ears that represent a perfect microcosm of the entire body. According to Traditional Chinese Medicine, Reflexology along the meridians is believed to stimulate the central nervous system, which, in turn, releases chemicals into the muscles, spinal cord, organs, and brain. These chemicals either alter the experience of pain or release other chemicals that influence the body's self-regulating systems. These biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well-being.

It takes approximately forty years for innovative thought to be incorporated into mainstream thought. I expect and hope that orthomolecular medicine, within the next five to ten years, will cease to be a specialty in medicine and that all physicians will be using nutrition as an essential tool in treating disease.

-Abram Hoffer



The Association For Meridian & Energy Therapies
<http://TheAMT.com>

⁵ "Meridian Diagram." The Association for Meridian & Energy Therapies, Meridian diagram used with permission of The AMT (www.TheAMT.com), a not-for-profit professional certification body

Indications and Contraindications for Reflexology

Indications

- Stress, anxiety and tension
- Poor circulation
- Muscular aches and pain
- Sprains
- Strains
- Atrophied muscles
- PMS
- Headaches
- Allergies
- A desire to return to a state of balance (homeostasis)

Contraindications

- Anything for which a Swedish massage would be contraindicated
- Diabetic neuropathy (loss of feeling), in some instances
- Acute systemic contagious infections
- Unmedicated hypertension
- Some unmedicated cardiac disorders
- Skin disorders and severe sunburn
- Athlete's foot
- Foot fungus
- Frail, elderly and very young children
- Pregnancy (certain points are contraindicated)
- Injuries that are directly in alignment with the Reflexology point (i.e., no Reflexology over broken skin, broken bones, open wounds, hematomas)

*When clutches of the self break away, they clap their hands and break into dance
as their imperfections fade away. The musicians within strike the tambourine,
and the seas burst into foam at their ecstasy. – Rumi*

behind EFT Emotional Freedom Techniques and other energy therapies. Accessed August 20, 2014. www.TheAMT.com. Used with permission of the publisher.

Foot Reflexology

Foot Facts

Your feet do so much for you, but how much do you really know about them? We have put together a list of feet facts that you might find useful and interesting.

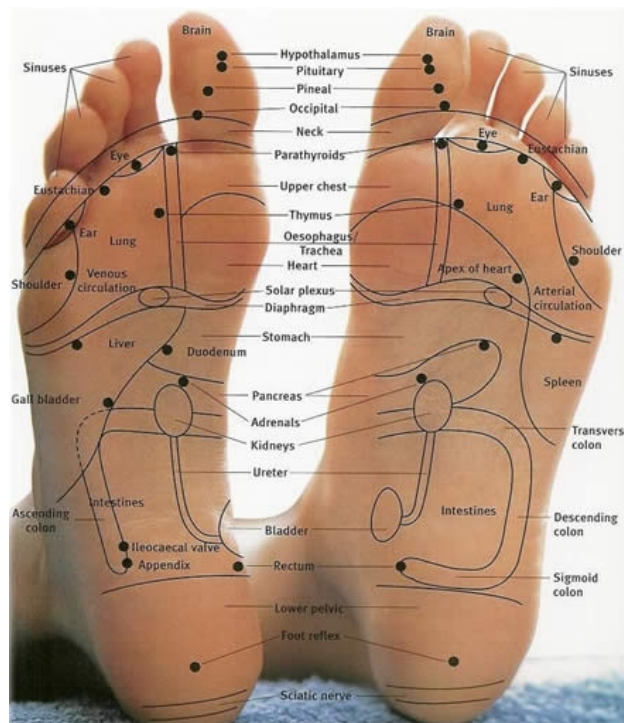
- When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight.
- It's rare that two feet are exactly the same; one of them is often larger than the other.
- In a pair of feet, there are 250,000 sweat glands.
- Cigarette smoking is the biggest cause of Peripheral Vascular Disease (disease of the arteries of the feet and legs), which often leads to pain on walking, ulceration, infection and in the most severe cases – gangrene and possible amputation.
- A human foot & ankle is a strong, mechanical structure that contain 26 bones, 33 joints, and more than 100 muscles, tendons & ligaments.
- During an average day of walking, the total forces on your feet can total hundreds of tons, equivalent to an average of a fully loaded cement truck.
- Walking is the best exercise for your feet. It contributes to your general health by improving circulation and weight control.
- 75% of Americans will experience foot problems at one time or another in their lives.
- The average person will walk around 115,000 miles in a life time, that's more than four times around the earth! The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime.
- 1/4 of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.
- Women have about four times as many foot problems as men. High heels are partly to blame.
- Walking barefoot can cause plantar warts. The virus enters through a cut.
- The record for the world's largest feet belongs to Matthew McGrory who wears US size 28 1/2 shoes. The average men's size is 10 1/2.
- Fingernails and toenails grow faster during hot weather, pregnancy and teenage years.⁶

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. – William London

⁶ "Aetrex." Foot.com - Your Foot Health Network. Accessed September 9, 2014.
www.foot.com/site/professional/foot-facts

There are 20 muscles in the foot that give the foot its shape by holding the bones in position and expanding and contracting to impart movement. The main muscles of the foot are:

- The tibialis anterior, which enables the foot to move upward.
- The tibialis posterior, which supports the arch.
- The peroneal tibial, which controls movement on the outside of the ankle.
- The extensors, which help the ankle, raise the toes to initiate the act of stepping forward.
- The flexors, which help stabilize the toes against the ground.⁷



8

*Foot Reflexology points
and corresponding organs and parts of the body.*

⁷ John J. Swierzewski D.P.M. "Foot & Ankle Anatomy - Muscles, Tendons, and Ligaments." June 4, 2014. Accessed September 10, 2014. www.healthcommunities.com/foot-anatomy/muscles-tendons-ligaments.shtml.

⁸ Illustration Credit: Reflexology Foot Chart. Accessed September 11, 2014. <http://reflexologyfootchart.net/reflexology-foot-chart—the-full-rundown/>.

Protocol For A Foot Reflexology Treatment

The Ariana Institute's high definition instructional video on the preparation and administration of foot reflexology can be found online within the Ariana Institute's Reflexology for the Ears, Hands and Feet manual at www.youtube.com/watch?v=yLLzEZ0QlyA.

- Sanitize your hands.
- Intake/release form – Have the client complete an intake/release form and review it verbally with the client, checking for indications and contraindications, as well as becoming acquainted with the client
- Assessment – assess the person by noticing the way he or she stands, by talking to the client about what he or she does professionally and personally that may involve the feet, by noticing the body weight, and by observing the client's gate if possible to see if they favor one foot over the other or if there is pronation or anything else that is noteworthy.
- Invite the client to comfortably recline in a supine position on the massage table and excuse yourself from the room while they are getting comfortable if they are removing clothing.
- Place a bolster under the client's knees.
- Sanitize the client's feet.
- Connect with the client while holding your hands at their feet. Take a few deep, centering breaths.
- Begin the Reflexology treatment by pressing the Reflexology points on the feet (soles, sides, and tops of the feet) using the Reflexology chart as a guide until you become familiar with the positioning of the Reflexology points
- Stretch the client's feet proximally and distally (toward the top of the body and toward the bottom of the body), invert and evert the feet (stretch them medially and laterally), and rotate the foot one direction and then the other direction).
- Offer friction with the palms of your hands on the sides of the feet.
- Spray an aromatherapy mist on the top of the client's feet.
- End the session by placing your hands gently around your client's feet for a few seconds. Simply leave them there and allow the warmth from your hands to connect with their feet.
- Thank your client, sanitize your hands, and excuse yourself from the room.

Protocol for a Foot Massage

The Ariana Institute's high definition instructional video on the preparation and administration of foot massage can be found with the Ariana Institute's Neck, Hand and Foot Massage video at www.youtube.com/watch?v=1MlfVj-IBsg&list=UUQJAzqsr-bLVHeuBEmrR-cQ

If you wish to follow a Foot Reflexology treatment with a foot massage, here is the protocol. Foot massage can be a nice complement to Foot Reflexology.

Normally, the Reflexology treatment is given first since it is traditionally done while the feet do not have any lotion on them. After the Reflexology treatment is complete, then you can offer foot massage if you would like to add an extra touch to the treatment. In a pure Reflexology session, foot massage is not typically included; however, in the context of a massage session, it can be a very welcome addition.

- Center yourself. Centering yourself is the most important part of creating a peaceful energy where your clients can relax and feel at ease. Centering brings awareness and mindfulness to the session. When you are centered, you can dwell totally in the present moment with your client, releasing all thoughts and concerns about the past and releasing projections into the future.
- Assemble the supplies: massage lotion or oil, aromatherapy, exfoliant and towels.
- Have the client complete and sign a client intake/release form and review this verbally with the client prior to the session. Check for contraindications (skin disorders, foot fungus, broken bones, recent tattoos, open wounds, injuries).
- Assess each client individually—visually, by palpation and by questioning him or her to determine the major areas where tension is held.
- Do not use your thumbs for any deep work; use your knuckles, your fist and/or your elbow.
- If you have a footbath available, have the person who is to receive the massage soak his or her feet in the warm, aromatic water for about ten minutes.

- For a relaxing foot massage and for deep tissue work, remember to use firm, slow strokes rather than light, quick ones if you want the foot massage to be relaxing. Work slowly and let, not make, relaxation happen. For an invigorating foot massage, use rapid, brisk strokes.
- Set your intention for the session: (1) the alleviation of pain, (2) bringing about better posture, (3) creating more flexibility and (4) enhancing fluid movement. These are goals that are possible to achieve. You can give freedom to immobile joints and dramatically improve the transmission of stress through the body by providing better balance in the feet.
- Focus on working with the tissue in the layers of the body to relax and lengthen the muscles and release holding patterns in the most effective, energy-efficient way possible. Use oblique pressure. Never push directly toward the bone.
- Have the client get comfortable on the massage table in a supine position. Place a bolster under his or her knees.
- Be aware of your ergonomics. Sit in an adjustable chair or on a balance ball. Let your energy come from your core rather than from muscular effort. Make sure the massage table and your chair are at the proper height, so your arms, neck and back will be comfortable throughout the session. Monitor your breathing and your body posture. If your body is tense, this tension will be conveyed to the client.
- Place your hands gently around your client's feet for a few minutes. Simply leave them there and allow the warmth from your hands to connect with their feet.
- Place a small amount of aromatherapy (peppermint, ginger, lavender, rose) oil or lotion in your hands and rub your hands together. Mints are for cooling, ginger is for warming (*See Figure 1c*).
- Make a loose fist with one of your hands. Press your knuckles into the sole of the left foot repeatedly, moving your wrist. Work your way from the heel to the toes and back down again.
- Take your client's left foot into your hands and begin by slowly rubbing the sole of their foot with your thumbs. As you feel the tissues, sense the subtle responses in your client's feet. Use your touch as an assessment tool. Continue to assess your client throughout the session.

- Work your thumbs in a horizontal crisscross motion all the way from the heel to the base of the toes. Work your thumbs in a vertical thumb-over-thumb petrissage motion all the way from the heel to the base of the toes (*See Figures 2c and 3c*).
- Massage the toes from the base of the toes upward. Take each toe individually and place it between your thumb and forefinger. Gently manipulate it in an upward motion (*See Figures 4c and 5c*).



Figure 1c.⁹



Figure 2c.¹⁰



Figure 3c.¹¹

- Massage the sole of the foot, the front of the foot, the ankle and the lower leg using your thumbs, your knuckles, your fist and your elbow.
- Repeat all of the above on the client's right foot.

⁹ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

¹⁰ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

¹¹ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

- Exfoliate the feet with your favorite exfoliant (peppermint scrub, for example) and wrap each foot in a warm moist towel. Sugar dissolves more easily than salt and it does not cause a burning sensation on cuts and nicks, thereby making sugar the exfoliant of choice.



Figure 4c.¹²



Figure 5c.¹³

- Depending on the length of the session, massage the hands while the feet are wrapped in the warm moist towels.
- Remove the warm moist towels from the feet, and use the towels to remove the undissolved exfoliant.
- Use friction on the outer edges of the feet with the palms of your hands in order to stimulate circulation (See Figure 6c).

¹² Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

¹³ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

- Use joint rotation, inversion and eversion, flexion and extension.
- Gently stretch the lower legs by holding the right foot with your hand under one heel and your other hand on top of the foot and pulling toward you, using your body weight to stretch the right leg and foot. Repeat on the left leg.
- Mist the feet with peppermint, rose or lemongrass essential oil.
- End the session by placing your hands gently on your client's feet, with your thumbs in the middle of the foot, just underneath the pad of the foot. Hold for a few moments and take a deep, abdominal breath.
- Let your client know the session is complete, and excuse yourself from the room.
- When you return to the room, to complete the session, you might want to suggest to your client that he or she do some stretching, joint rotations and self-massage on his or her own. You could provide a handout showing your client some stretches, joint rotations and self-massage that he or she could do between sessions.



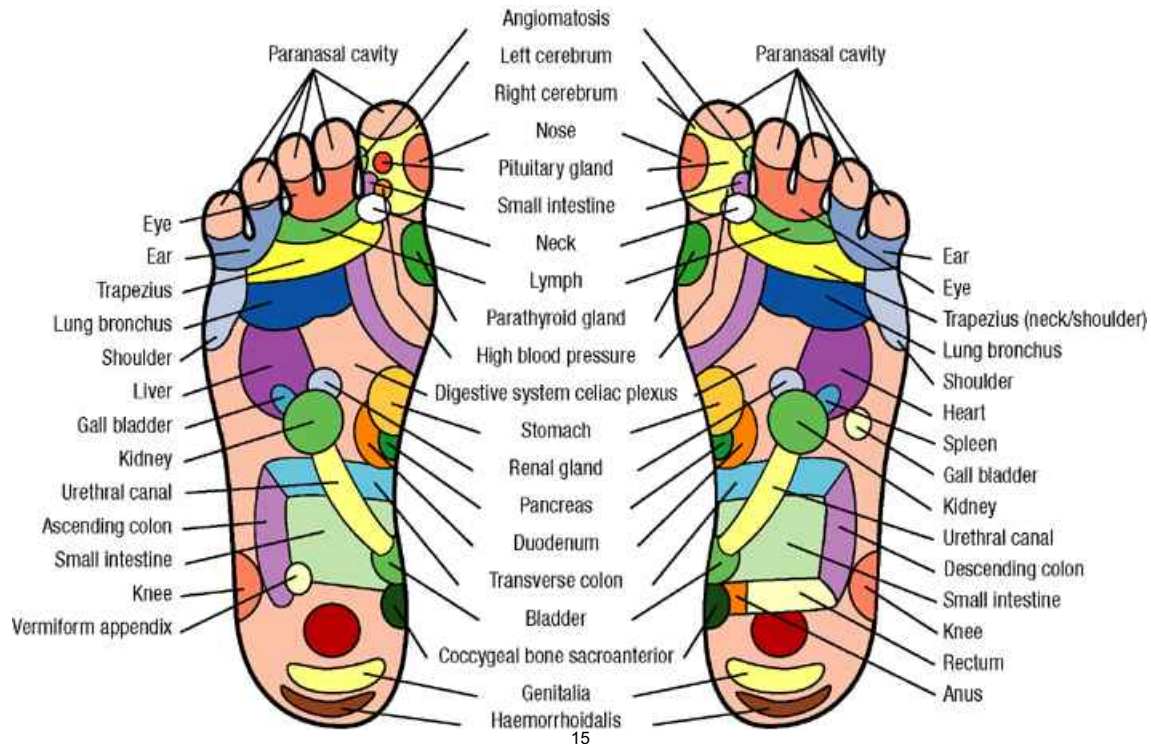
Figure 6c.¹⁴

¹⁴ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

Foot Reflexology Chart

(Color Coded Chart Showing Organs)

Each foot has over 7,000 nerve endings, 26 bones, 107 ligaments, 20 muscles, 6 meridians and many Reflexology points.



The Ariana Institute's high definition instructional video for Foot Reflexology can be found online here: www.youtube.com/watch?v=yLLzEZ0QlyA

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

– Viktor E. Frankl

¹⁵ Illustration Credit: PositiveMed. "How to Give a Foot Reflexology Massage." Accessed September 9, 2014. <http://positivemed.com/2012/11/15/how-to-give-a-foot-reflexology-massage/>

Ear Reflexology

(Auricular Therapy)

Ear Reflexology, also known as auricular therapy, is a technique dating back over two thousand years which combines the fundamentals of modern medical science based on neurophysiology and neurology, and concepts of Traditional Chinese Medicine's approach to acupressure. Auricular therapy is based on the idea that the entire body is represented on the ear and the entire body can be effectively treated by applying stimulation on the surface of the ear. Each area of the ear, according to the theory of ear Reflexology, is related to a different anatomical portion of the body. Applying stimulations to those ear points can bring about relief of many symptoms.¹⁶

Ear Reflexology was known in ancient China and Egypt. Dr. Paul Nogier, a French physician, rediscovered it in the 1950s. Techniques used in ear Reflexology are slightly different from those used with the feet and hands due to the size of the ears.

The massage therapist applies gentle pressure to the ears with his or her fingers and thumbs. In addition to unblocking stagnant *chi* (life energy), that pressure triggers signals to the peripheral nervous system. The signal enters the central nervous system where it is processed in various parts of the brain. It is then relayed to corresponding parts of the client's body.

According to the principles of auricular therapy, each area of the ear corresponds to a different anatomical portion of the body and stimulation of these ear points over time exerts certain therapeutic effects on those parts of the body with which the points are associated.

Within and on the ear there are rich nerve innervations and multiple connections with the central nervous system. Every part of the body has an auricular correspondence (similar to the theory of foot Reflexology). When a part of the body loses its homeostasis and becomes distressed, its corresponding point on the ear becomes painful or tender. These signs of imbalance are not evident in a healthy person.¹⁷

The ear is viewed as an inverted fetus with the head lying near the lower lobe and the hands and feet towards the upper rim with the body in between. There are

¹⁶ "Auricular Therapy." Knoxville Reflexology Group. Last modified 2009. Accessed September 2, 2014. "<http://knoxvillereflexology.com/services/pain-relief-protocol/auricular-therapy.html>."

¹⁷ Mary Stevenson. "Auriculotherapy." Triangle Wellness Center. Last modified 2008. Accessed August 29, 2013. www.trianglewellness.com/auric.html.

hundreds of acupressure points on the ear. In an effort to simplify and ensure the safety of this therapy, the World Health Organization standardized 90 of these points in 1982. At the International Council of Reflexologists Biannual Conference in 1999, ear Reflexology was at the forefront of information provided to participants. It is fast gaining in popularity around the world.

Ear Reflexology is a wonderful adjunct and natural progression for the foot Reflexology practitioner. An ear session is very soothing and can be used individually or in combination with other therapies. An ear session typically lasts 15–30 minutes. The ears can be manipulated one at a time or both ears can be manipulated at the same time. Using ear Reflexology, foot Reflexology and hand Reflexology together can be a profound and powerful combination for clients.¹⁸

Protocol for an Ear Reflexology Treatment

The Ariana Institute's high definition instructional video on the preparation and administration of ear reflexology can be found online within the Ariana Institute's Reflexology for the Ears, Hands and Feet video at www.youtube.com/watch?v=yLLzEZ0QlyA.

- Sanitize your hands.
- Intake/release form – Have the client complete an intake/release form and review it verbally with the client, checking for indications and contraindications, as well as becoming acquainted with the client.
- Assessment – assess each person individually by observation and by utilizing good listening skills. Be aware of any contraindications or indications.
- Invite the client to comfortably recline in a supine position on the massage table or to sit comfortably in a chair in preparation for receiving ear Reflexology.
- Connect with the client while cupping your hands gently over his or her ears while taking a few deep, centering breaths.
- After viewing the online video mentioned in the beginning of this section, begin the Reflexology treatment by pressing the Reflexology points on the ear lobe and outer edges of the ears. Press your thumb on one side of the ear and your index finger on the other side of the ear, using the Reflexology chart as a guide until you become familiar with the positioning of the Reflexology points (See *Figures 7c and 8c*).

¹⁸ "Ear Reflexology Class." China Culture Center. Accessed September 2, 2014. http://www.chinaculturecenter.org/cultural_learning/eventdetail.php?eventid=412.html. Used with permission of the author.

- Use the tip of your index finger or the tip of your little finger to offer pressure on the flat part of the ear behind the opening of the ear canal. This point is related to the lungs. Use your Reflexology chart for a guide, as well as using the online video mentioned in the introduction to this protocol.
- After you have applied pressure to the Reflex points in and around the ear, begin scissoring your hands from the base of the ear toward the top of the ear, in front of and behind the ears, proximally and distally with your index finger and your middle finger forming the shape of a scissor. This can be very relaxing and calming for your client.
- End the session by cupping your hands gently around your client's ears for a few seconds. Simply leave your hands there and allow the warmth from your hands to connect with their ears.
- Thank your client, sanitize your hands, and excuse yourself from the room or begin your next phase of your treatment.



Figure 7c.¹⁹

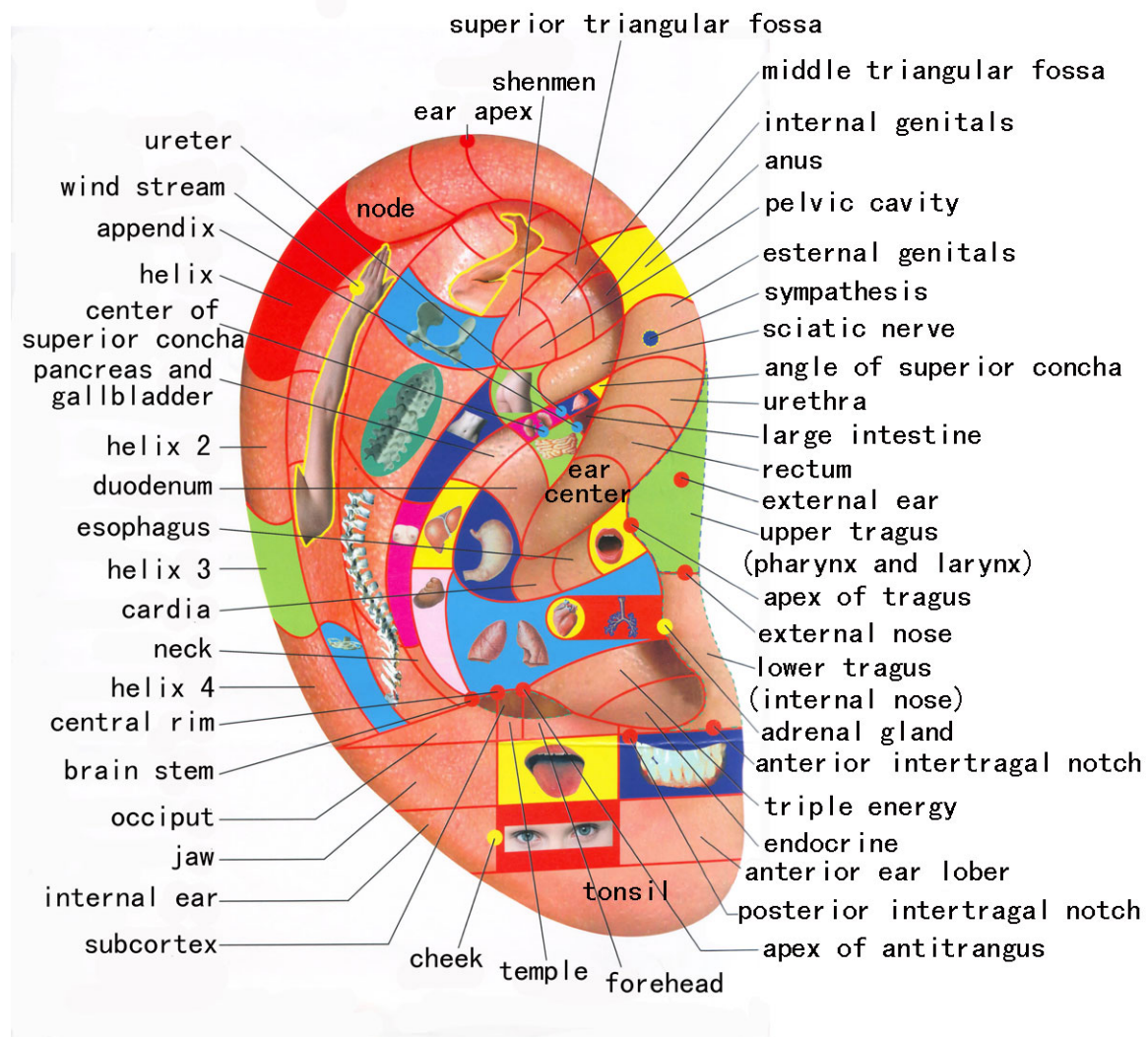


Figure 8c.²⁰

¹⁹ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

²⁰ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

Ear Reflexology Chart



21

This chart shows the organs, bones and parts of the body that may be positively affected by Ear Reflexology treatments.

The Ariana Institute's high definition instructional video for ear reflexology can be found online here: www.youtube.com/watch?v=yLLzEZ0QIyA

²¹ Illustration Credit: "History of Hand and Foot Reflexology." JC Reflexology Healing. Accessed December 6, 2013. www.jcreflexologyhealing.com/history/

Hand Reflexology

Protocol For A Hand Reflexology Treatment

The Ariana Institute's high definition instructional video on the preparation and administration of hand Reflexology can be found online within the Ariana Institute's Reflexology for the Ears, Hands and Feet manual at www.youtube.com/watch?v=yLLzEZ0QlyA.

- Sanitize your hands.
- Intake/release form – Have the client complete an intake/release form and review it verbally with the client, checking for indications and contraindications, as well as becoming acquainted with the client.
- Assessment – assess the person by noticing the skin, the musculature and the structure of his or her hands and by talking to the client about what he or she does professionally and personally that may involve the hands.
- Ask the client to comfortably recline on the massage table and excuse yourself from the room while they are getting comfortable.
- Begin the session by connecting with the client, standing at his or her head, and taking a few deep, centering breaths.
- Move to the side of the table to one of the client's hands.
- Sanitize the client's hands prior to treatment.
- Begin the Reflexology treatment by pressing the Reflex points on the hands (include fingers, fingertips, webbing between the thumb and index finger, edges of the hand, and palms) using the Reflexology chart as a guide until you become familiar with the positioning of the pressure points.
- End the session by rotating the wrist and then flexing and extending the hand at the wrist.
- Thank your client, sanitize your hands, and excuse yourself from the room.

Protocol for a Hand Massage

The Ariana Institute's high definition instructional video on the preparation and administration of hand massage can be found online within the Ariana Institute's Neck, Hand and Foot Massage Instructional Video at www.youtube.com/watch?v=hqsgQRWr-e0

If you wish to follow a Hand Reflexology treatment with a hand massage, here is the protocol. Hand massage can be a nice complement to Hand Reflexology. Normally, the Reflexology treatment is offered first since it is traditionally done while the hands do not have any lotion on them. After the Reflexology is complete, then you can offer hand massage if you would like to add an extra touch to the treatment. In a pure Reflexology session, hand massage is not typically included; however, in the context of a massage session, it can be a very welcome addition.

- Center yourself. Centering yourself is the most important part of creating a peaceful energy where your clients can relax and feel at ease. Centering brings awareness and mindfulness to the session. When you are centered, you can dwell totally in the present moment with your client, releasing all thoughts and concerns about the past and releasing projections into the future.
- Assess the person by noticing the skin, the musculature and the structure of his or her hands and by talking to the client about what he or she does professionally and personally that may involve the hands.
- Ask the client to comfortably recline on the massage table and excuse yourself from the room while they are getting comfortable.
- Begin the session by connecting with the client, standing at his or her head and taking a few deep, centering breaths.
- Move to the side of the table to one of the client's hands.
- Apply a small amount of massage lotion to the client's hands and arms.
- Massage the client's hands and lower arms using effleurage and petrissage (See *Figures 9c and 10c*).
- Massage the client's fingers, one finger at a time. Take each finger individually and place it between your thumb and forefinger. Gently manipulate it and then give it a slight tug at the end.

- Massage the front of the client's forearm with effleurage strokes and then with your thumbs in a crisscross pattern, beginning at the wrist and working your way up to the elbow.
- Place the client's arm upright, supported by the table, and massage the palm of the hand with your thumbs and then massage the back of the forearm.
- Flex the client's hand at the wrist, forward and backward and side-to-side, then rotate the wrist one direction and then the other.
- Place the client's arm and hand back on the table.
- End the session by stretching the client's arm, which will be lying flat on the table, distally and proximally, beginning the stretch with both hands at the elbow and ending the stretch with one hand on the deltoid and the other hand on the client's hand. Release contact.
- Thank your client and excuse yourself from the room.



Figure 9c.²²



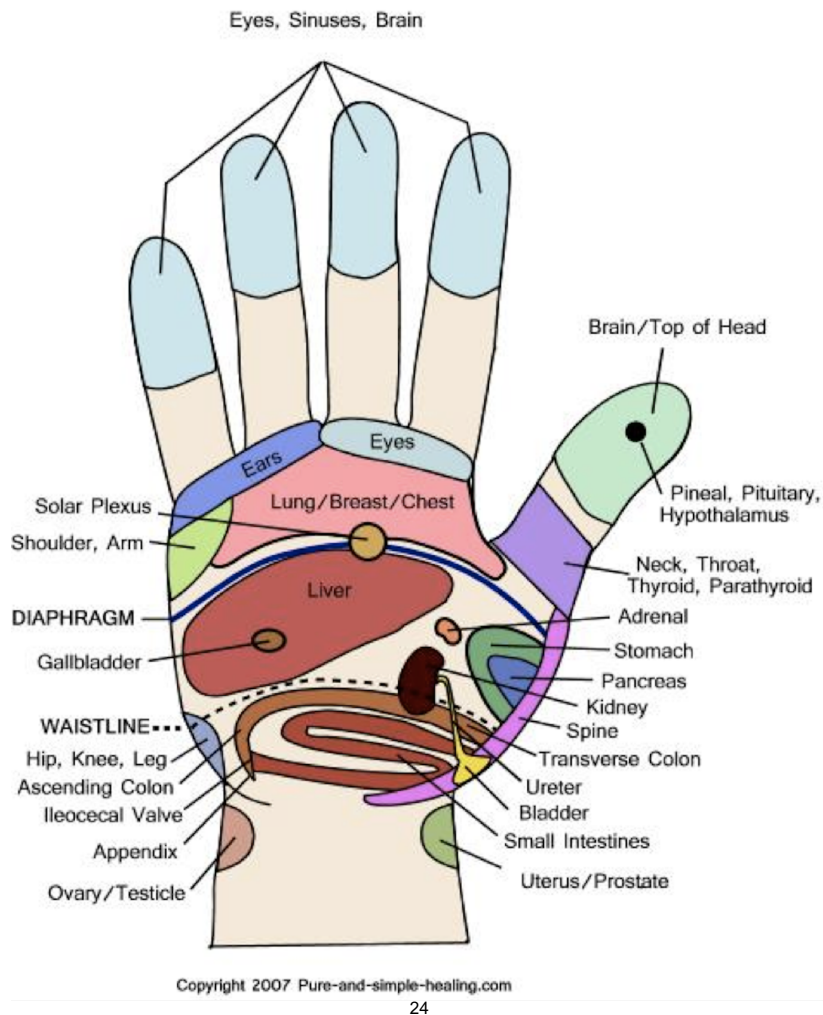
Figure 10c.²³

Love what you do. Enjoy listening to people. It can be hard work, but the potential for helping people is tremendous. – Robert Tisserand

²² Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

²³ Photo Credit: Photo courtesy of ©Ryan Hoyme. "Hoyme Consulting, All of Your Visual Kneads – Stock Massage Photos." Accessed September 1, 2014. www.ryanhoyme.com. Used with permission of Ryan Hoyme.

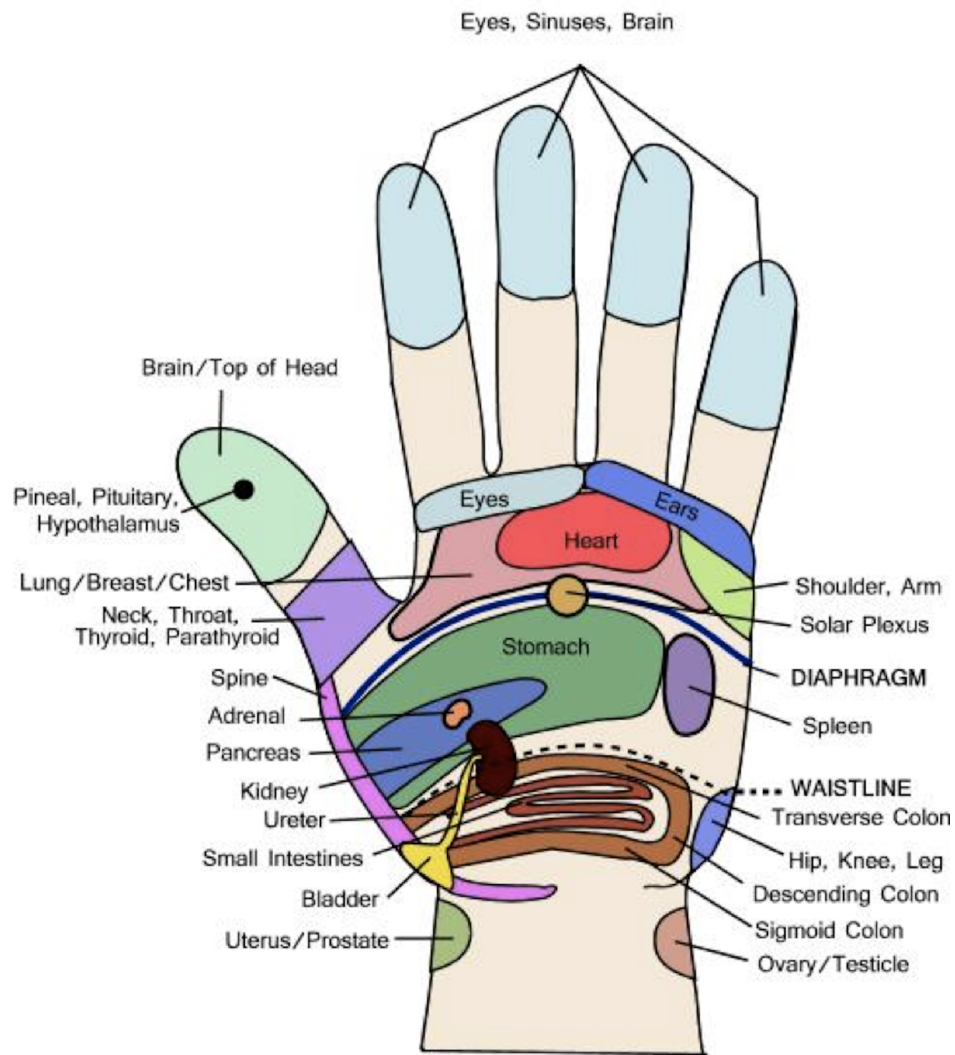
Hand Reflexology Chart RIGHT PALM



24

²⁴ Illustration Credit: Pure and Simple Healing. Accessed November 7, 2014. <http://www.pure-and-simple-healing.com/hand-reflexology-chart.html#.VF185lcQM5u>. Used with permission.

LEFT PALM



Copyright 2007 Pure-and-simple-healing.com

25

Utilize this hand reflexology chart when administering hand reflexology treatments. Eventually you will be able to commit the various Reflexology points and their corresponding body areas to memory, however this may take some time so don't hesitate to practice on yourself or a close friend.

²⁵ Illustration Credit: Pure and Simple Healing. Accessed November 7, 2014. <http://www.pure-and-simple-healing.com/hand-reflexology-chart.html#.VF185lcQM5u>. Used with permission.

Ill health, of body or mind, is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy! – Thomas Carlyle

Reflexology

By Ariana Vincent

My first experience with reflexology was at Whole Foods Market where I received an incredible reflexology treatment from Taki, a delightful Japanese woman. From the first moment she touched me, I knew I was going to be transformed. It was clear from the very beginning that she had a deep understanding of reflexology that was far beyond merely a perfunctorily technique of lightly touching the feet in certain spots. That is certainly not what reflexology is; it is dynamic and powerful.

Taki sat me down in a big reclining chair in a quiet corner of Whole Foods, in downtown Austin. She was like a quick bumblebee rapidly flitting from toe to toe and then working both horizontally and vertically up and down the soles of my feet. She started at the top of my toes, then worked her way down to the base of my toes, then across the pad of my foot and down to the arch of my foot, finally landed on my heel. Taki had the most powerful, intuitive and skilled thumbs I've ever encountered. She worked very rapidly and palpated the reflex points energetically with the tip of her thumb. I let my imagination run wild and envisioned myself in a beautiful golden temple in Kyoto, receiving this magnificent reflexology session from a lovely Traditional Chinese Medicine doctor clad in a kimono. It was heaven on earth. This was my first encounter with Traditional Chinese Medicine and I was impressed. As soon as the session was over, I thanked Taki profusely and went on my way back into the sea of people shopping at Whole Foods. My feet felt like they were floating on a cloud.

I knew from the moment I received Taki's treatment that I was determined to learn reflexology techniques, offer them in my private practice and teach reflexology in my continuing education classes at the Ariana Institute. It wasn't too long after the experience with Taki that I moved to Wimberley and established my massage practice and my continuing education school there. One day I walked into an art gallery and a friend of mine and I talked about my upcoming Hand and Foot continuing education class and she said that her mother, Rosemary, was coming to town and she was a Certified Reflexologist. I immediately asked if I could hire her as a guest instructor for a segment of my upcoming class. Everything fell into place, and Rosemary was in my class demonstrating reflexology techniques for the feet, hands and ears. I absorbed the reflexology information like a sponge and my students were delighted to have the bonus of reflexology in their Hand and Foot class.

After the class was over, I took more reflexology classes, watched many videos and then designed the Ariana Institute's Reflexology Course. I obtained approval from the state as well as from the National Certification Board for Therapeutic Massage and Bodywork in order to offer the class nationally. I've found reflexology to be helpful in many ways. It resets the metabolism and is a significant stress reducer. I've even had clients who have found relief from headaches after a reflexology treatment. I love the fact that reflexology is a safe, non-invasive and easy-to-administer modality that helps people be more at peace in their own bodies. Feeling like I'm floating on a cloud is one of my ideal states of being and reflexology certainly helps facilitate that euphoria.



26

²⁶ Painting Credit: ©Maxine Price, Artist. *Copper Mountain*. Accessed September 18, 2014. www.maxineprice.com. Used with permission of Maxine Price.

REVIEW AND APPLY YOUR KNOWLEDGE

Concept Review

Place the letter of the answer next to the number of the term or phrase that best describes it.

- A. Reflexology
- B. Meridians
- C. 250,000
- D. 75%
- E. Eunice Ingham
- F. Auricular therapy
- G. Hand, Foot, and Ear

- ___ 1. Sweat glands in feet
- ___ 2. Types of Reflexology
- ___ 3. Also known as ear reflexology
- ___ 4. Paths that chi or life force flow through in the body
- ___ 5. Published “Stories Feet Can Tell” and mapped out reflexology points
- ___ 6. system of treatment that involves stimulating points on the body in the hands, feet, and ears
- ___ 7. The percentage of Americans that will experience foot problems in their lifetime

(Answers found in the answer section at the end of the course notebook)

Critical Thinking

This exercise helps students develop metacognition and practical knowledge

How can you incorporate reflexology in your current massage? Is this something you would mention to your clients as a unique addition, or would you just add it no matter what you were doing?

Do you feel that reflexology is “real” in the sense that the work done does something? Explain how it does or doesn’t work depending on your stance.

Professional Practice

This exercise helps students develop ideas and concepts that can be used in real-life teaching opportunities

Does your state allow for reflexology without a massage license? Check your state laws to find out. If they require a permit, should they? Is reflexology massage if you just stay on the feet and hands?

Discussion

Have you had a personal experience with reflexology, such as using it on a client or having it done to you, with results? How could you use these experiences to explain reflexology to your clients?

TDLR Combats Human Trafficking



TDLR recognizes the importance of its role in stopping human trafficking.

Human trafficking is modern-day slavery and involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act.

Our agency has aligned itself with the Governor's and Attorney General's initiatives to end human trafficking in Texas.

To report suspected human trafficking, contact the National Hotline for Human Trafficking at [1-888-373-7888](tel:1-888-373-7888) or text **HELP** or **INFO** to **BeFree (233733)**.

If the situation is an emergency or you believe someone is in immediate danger, call 911 and alert the authorities.

TDLR's Human Trafficking Prevention Resources

More information on human trafficking is available from the following resources:

- [Office of the Attorney General's Human Trafficking page](#)
- [Video: Be The One](#)
- [Governor's Child Sex Trafficking Team \(CSTT\)](#)
- [National Human Trafficking Hotline](#)
- [Texas Statistics, Resources and Events](#)
- [U.S. Department of Homeland Security Blue Campaign](#)
- [Human Trafficking by the Numbers: The Initial Benchmark of Prevalence and Economic Impact for Texas -- Institute on Domestic Violence and Sexual Assault, University of Texas at Austin](#)
- [Join Texas Businesses Against Trafficking](#)
- [Texas Department of Transportation: Prevent Human Trafficking](#)
- [Children at Risk](#)

Awareness Signs and Flyers

- ["Stop Human Trafficking" sign \(277 KB PDF\)](#)
- ["Stop Human Trafficking" sign - text-only version\(184 KB PDF\)](#)
- [Human Trafficking Red Flags \(91 KB PDF\)](#)
- [What Disaster Responders Need To Know](#)



TDLR's Human Trafficking Prevention Efforts



TDLR's human trafficking prevention activities and training include:

- TDLR is a member of the Texas Human Trafficking Prevention Task Force, established in 2009 with the enactment of House Bill 4009 and coordinated through the Office of the Attorney General.
- TDLR Field Operations staff participated in training sessions conducted by the Texas Office of the Attorney General and the Department of Public Safety to learn how to identify signs of human trafficking. Field Operations staff conduct periodic, unscheduled, onsite inspections at various facilities throughout the state.
- TDLR designated a human trafficking liaison who participates in regular human trafficking task force meetings, attends training and coordinates staff training and agency initiatives.
- TDLR worked with Polaris to develop training for TDLR staff on human trafficking in massage establishments.
- TDLR identified and reported suspected trafficking to the National Hotline for Human Trafficking, resulting in sharing information with the Department of Homeland Security.

- TDLR organized a training on human trafficking for State of Texas communicators.
- TDLR field inspectors carry information cards with the human trafficking hotline phone number and important human trafficking identifiers.
- TDLR staff attended the 2016 Slave Free City Summit in Austin, a forum for staff to collaborate with other agencies to share information, develop an understanding of their roles, and create a plan.
- TDLR posts human trafficking information on our social media accounts to help raise awareness.

TDLR's Resources on Human Trafficking Prevention – Articles

You don't have to look far to find human trafficking victims - *The Conversation*

Human Trafficking in Illicit Massage Businesses - *Polaris*

The Price of Nice Nails - *New York Times*

The Shadow Economy of American Nail Salons - *Vice*

Massage parlor raided in sex trafficking sting, 2 women rescued - *Waco Tribune-Herald*

Attorney General's Office Teams Up with Local, Federal Law Enforcement to Arrest 13 People Involved in Organized Crime and Prostitution in Texas - *Office of the Attorney General*

Governor Abbott Proclaims January 2018 to be Human Trafficking Prevention Month - *Office of the Texas Governor*

The Lost Girls - *Texas Monthly*

Houston man is charged with human trafficking - *Houston Chronicle*

Sheriff's office arrests 44 people in sex trafficking sting - *KXXV-TV, Waco, Killeen & Temple*

Waco, McLennan county efforts model for state in battle against human trafficking - *Waco Tribune-Herald*

How Texas can end human trafficking, one hero at a time - *The Dallas Morning News*

15 women accused of running brothels in Dallas after 8 massage parlors busted - *The Dallas Morning News*

One arrested after human-trafficking raids on local massage parlors - *KWTX*

Marketing and Practice Building Tips

The first wealth is health.
- Emerson

- Create a clear vision of what you want and need based on your values.
- Appreciate what you have. Focus on what you're grateful for in your life. If you don't appreciate what you have, you won't get any more...because the universe thinks it's not important to you, and that you don't need any more.
- Networking – Attend networking events and let people know you offer Reflexology
- Effective use of e-mail and direct mail – let people know you offer Reflexology sessions
- Newsletters – add information about Reflexology in your newsletters
- Gift certificates – offer gift certificates for an introductory discounted Reflexology. Give your customers gift certificates to give to their friends and spouses.
- Web sites – feature Reflexology on your web site
- Follow up – call, write or e-mail customers who have come in for Reflexology
- Letters of appreciation – send a letter to customers and friends who refer people for Reflexology
- Publishing articles – publish an article about Reflexology and share copies of the articles with colleagues and clients
- Print advertising – include Reflexology in your print advertising
- Referral incentives – offer a free Reflexology session for every three referrals or offer \$10 off of the next session
- Brochures – add information about Reflexology in your brochures
- Business cards – add information about Reflexology on your business cards
- Diversify and prosper – offer a variety of services, including Reflexology combined with Aromatherapy
- Keep a file box on your desk with all your ideas in it on separate cards.
- Send out birthday cards with a gift certificate offering a discounted offer.
- Call customers that you haven't seen in awhile and let them know what times you have available that week.
- Do market research and find out what others in your area are doing and how they are marketing. Ask them to send you their flyer, card or brochure.
- Return all phone calls and e-mails within hours or at least the same day. Many clients and potential clients have a list of massage therapists and they schedule with whoever is available first.
- Focus on your goals and intentions. Rich people see opportunities, poor people see obstacles. Rich people see potential; poor people see potential loss. Rich people focus on rewards; the poor focus on risks.
- Ask for regular feedback from your customers.
- Call your client the next day after a session to see how he or she feels.
- Set up a regular treatment time for repeat clients. For example, schedule 2:00 on Thurs for them exclusively. It's easier for them to remember when their appointment is and it fills your schedule.

- Develop a give away product related to Reflexology
- Give free consultations.
- Develop a one line slogan that can be associated with your practice
- Give free lunch time seminars where people can find out about your services.
- Ask for referrals. Ask the referring people for information about themselves too so that you can refer to them.
- Have a ready made list of contacts for referrals.
- Become a great learner. Attend conferences, workshops and CE classes.
- Get set up to take credit cards through your business account.
- Set up regular business hours so people know they can count on you.
- Keep track of everyone who comes to see you and Keep your mailing list up to date.
- Focus on you. You are the root of your financial success or failure. If you work on the roots, the “fruits” will take care of themselves.
- Develop an Information kit for new prospective clients telling them everything they need to know about receiving a service from you such as location, cancellation policies.
- Develop detailed educational material.
- Research rates and price structures in your area to make sure you are charging fairly.
- Enhance your energy. Everything is energy. Money is energy. Big money takes big energy. So get into shape, eat properly and get enough rest.
- Increase your value. Become an expert in your field and be the best at what you do. To get paid the best, you must be the best.
- Keep up on techniques and methods, always improving yourself and your treatments.
- Make copies of interesting, informative articles for distribution to clients and colleagues
- Believe you can be successful. Put your attention on the traits, strengths, and virtues that allow you to believe you can – and deserve to be – successful.
- Consider offering a senior citizens’ discount, a students’ discount, a teachers’ discount, a military discount, and a professional discount to colleagues.
- Volunteer your time to charities or non-profit organizations. Give back.
- Find other businesses to network with such as health clubs and gyms, beauty salons, florists, and retirement communities.
- Find several successful mentors to work with one on one. Find good mentors who can help you develop ways of tracking and building your net worth by organizing your finances and introducing you a variety of vehicles for saving and growing your money.
- Choose your thoughts wisely. You can choose to think in ways that will support you in your happiness and success...instead of ways that don’t.
- Associate with successful people. Birds of a feather flock together. Energy is contagious. If you want to fly with the eagles, you’ll have to stop swimming with the ducks.
- Review your business success plan often and share your review with supportive friends and mentors.
- I can give you a six word formula for success: Think things through - then follow through.

Resources for Advanced Study

The Ariana Institute Videos

The Ariana Institute's high definition, advanced technique instructional video on the preparation and administration of neck, hand and foot massage can be found online within the Ariana Institute's Neck, Hand and Foot Massage Instructional Video at www.youtube.com/watch?v=1MlfVj-IBsg&list=UUQJAzqsr-bLVHeuBEmrR-cQ

The Ariana Institute's high definition instructional video on the preparation and administration of Reflexology of the Ears, Hands and Feet can be found online within the Ariana Institute's Reflexology of the Ears, Hands and Feet Instructional Video at www.youtube.com/watch?v=yLLzEZ0QlyA

Books

Better Health With Foot Reflexology (10th edition) by Dwight C. Byers

Complete Guide to Foot Reflexology by Barbara and Kevin Kunz

Complete Reflexology for Life by Kevin Kunz

Hand and Foot Massage by Mary Atkinson

Hand Reflexology by Kevin Kunz

Healing Massage Techniques – Holistic, Classic, and Emerging Methods – Second Edition by Frances M. Tappan

How to Give the Perfect Foot Massage by Stacey Saleff

Massage Therapy Principles & Practice by Susan G. Salvo

Natural Foot Care by Stephanie Tourles

Principles of Manual Medicine – Second Edition by Philip E. Greenman

Reflexology, Health at Your Fingertips by Barbara and Kevin Kunz

Reflexology: The Definitive Practitioner's Manual by Dwight C. Byers

The Reflexology Atlas by Bernard C. Kolster, and Astrid Waskowiak

ANSWERS: 1) C, 2) G, 3) F, 4) B, 5) E, 6) A, 7) D

Reflexology Association

International Institute of Reflexology
5650 First Avenue North (33710)
P.O. Box 12642
St. Petersburg, FL 33733-2642 U.S.A.
Ph. 727 343-4811
Website: www.Reflexology-usa.net



27

Don't aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long-run—in the long-run, I say!—success will follow you precisely because you had forgotten to think about it.

-Viktor E. Frankl, Man's Search for Meaning

²⁷ Photography by ©Ariana Vincent/ Ariana Images. Accessed September 18, 2014.
www.arianaimages.com

CONTACT INFORMATION FOR ARIANA INSTITUTE

To deepen your educational experience by participating in additional online CE classes, visit www.arianainstitute.com or contact:

ARIANA INSTITUTE

Inspiring Massage Education and Wellness for the Mind, Body & Spirit

Ariana Vincent, LMT, MTI, NCTMB
Nationally Certified Massage Therapist & Instructor
1824 Banks St #1, Houston, TX 77098
361.880.0609
support@arianainstitute.com
www.arianainstitute.com

You are welcome to link with us by utilizing these
Networking Links for Ariana Vincent and Ariana Institute

Facebook - <http://www.facebook.com/ariana.vincent>
Facebook - <http://tiny.cc/facebook-arianainstitute>
LinkedIn - <http://www.linkedin.com/in/arianainstitute>
Twitter - <http://www.twitter.com/arianainstitute>

Remember to focus on the healing power of touch and the importance of its
presence in your life and in the lives of those you touch.



Ariana Vincent, LMT, MTI – Massage Instructor

"What you leave behind is not what is engraved in stone monuments,
but what is woven into the lives of others." (Pericles)

ARIANA INSTITUTE'S ONLINE CE CLASSES

30 HOUR MASSAGE THERAPY INSTRUCTOR'S COURSE
<http://www.arianainstitute.com/CE/mti.htm>

6 HOUR ONLINE COGNITIVE CE COURSES

- Addiction Recovery and Massage Therapy
- Aromatherapy
- Ayurvedic Massage
- Back, Neck and Shoulder Massage
- Chair Massage
- CranioSacral Therapy
- Couples Massage
- Deep Tissue Therapy (Upper Body)
- Deep Tissue Therapy (Lower Body)
- Ethics - Including the NCBTMB Standard of Ethics
- Facial and Scalp Massage
- Geriatric Massage
- Headache and Allergy Relief Massage
- HIV/AIDS Information for Massage Therapists
- Hot and Cold Stone Massage
- Lymphatic Massage for the Face and Neck
- Meditation As a Therapeutic Tool
- Mindfulness - Enhance Your Skills in a Therapeutic Setting
- Neck, Hand and Foot Massage
- Prenatal Massage
- Reflexology
- Reiki Level One
- Reiki Level Two
- Reiki Level Three
- The Spa World and Body Wraps
- Sports Massage
- Stretching and Breathing
- Pain Management in a Therapeutic Environment
- Practice Building in a Therapeutic Setting
- Self Care and Body Mechanics For The Massage Therapist
- Soothing Trauma - The Mind-Body Connection

Ariana Vincent, Nationally Certified Massage Therapy Instructor

Visit: <http://www.arianainstitute.com> to register