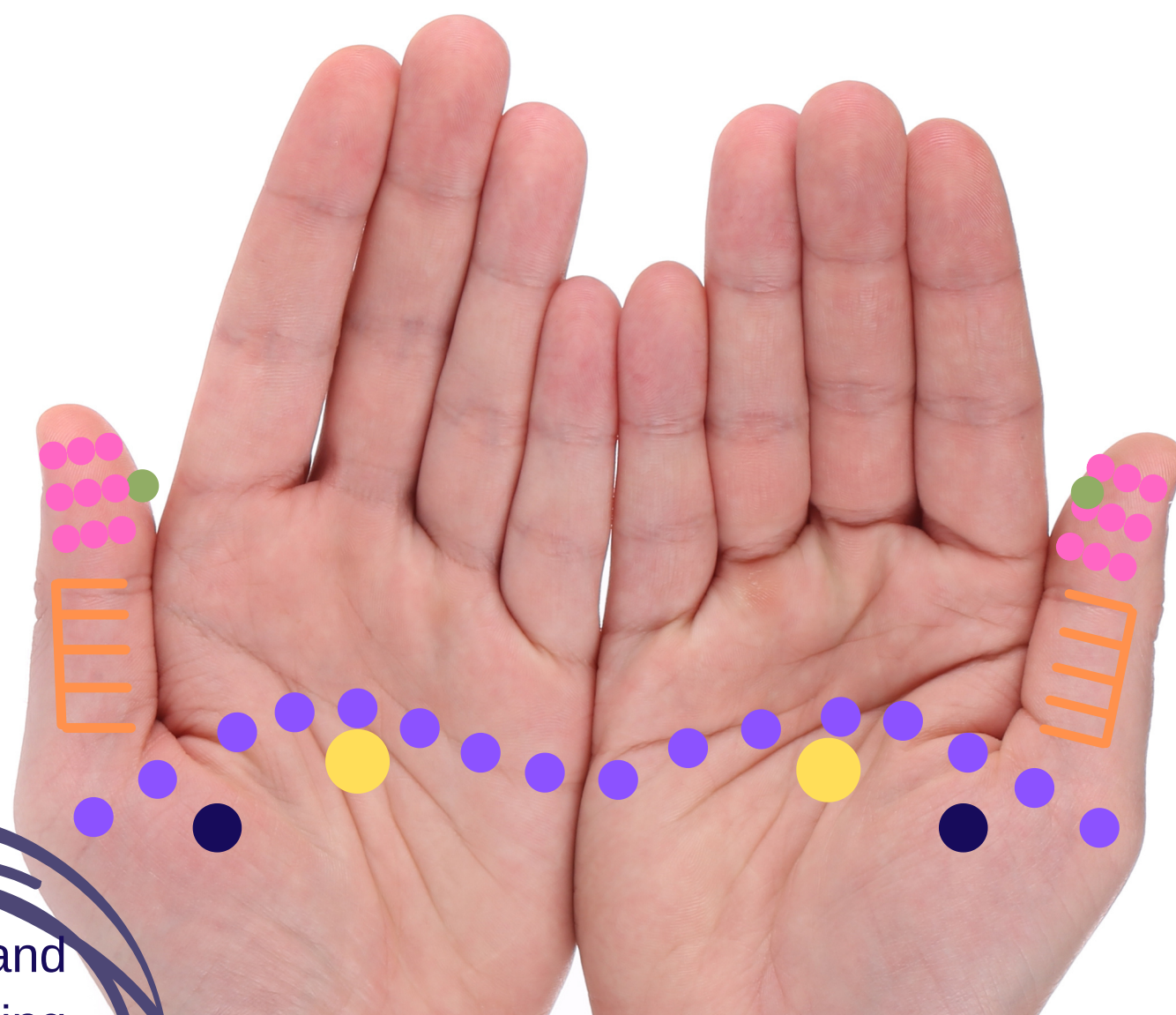








# REFLEXOLOGY



## HEADACHES & MIGRAINES *for clients*

Work one hand at a time, using the other hand to work the reflexes. Then swap hands.

WORK BOTH HANDS: TRY THIS FOR 5 MINUTES A DAY

-  Push along the purple line (the diaphragm line) from the outside of the hand to just below the base of the thumb joint.
-  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 in the soft area between thumb and first finger (adrenal reflex).
-  Use your thumb to stroke firmly along the orange lines (the neck/cervical spine reflexes).
-  Press and rotate on the green circle in the centre of the thumb (the pituitary gland reflex).
-  Press and slide along the pink dots (the head reflexes).

### MORE HEADACHE BUSTING TIPS

- Reflexology can be beneficial to overall wellbeing.
- Try and ensure that you eat regular meals and drink plenty of water.
- Ensure healthy eating – certain foods can act as a trigger such as caffeine (or withdrawal from it), cheeses, salty and processed foods, this also includes some food additives such as aspartame and monosodium glutamate.
- Get plenty of sleep and adopt a regular sleeping pattern.
- Manage your stress levels – tiredness and fatigue may be contributory factors to migraines. Explore options such as mindfulness, meditation or stress-management techniques.
- Hormone health – ensure your diet is rich in vitamins, minerals and fatty acids to support a balance of hormones.
- Exercise is a good thing, but excessive amounts may trigger a migraine in some people.
- Other triggers to watch out for include bright, flickering lights and certain smells such as perfumes, second-hand smoke and changes in the weather (barometric pressure).