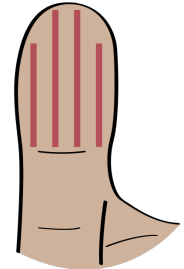


## Hand reflexology

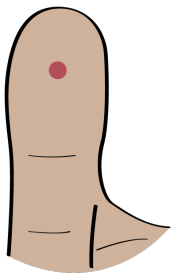
Naturopath **Katie Ruane** explains how to use hand reflexology to boost wellbeing

The great thing about doing reflexology on the hands rather than feet is that you can do it at any time. The pressure you use is similar to checking how ripe a soft fruit is, like a nectarine when it's already softened and nearly ready to

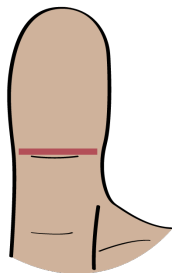
be eaten. Depending on how stressed and overwhelmed you are feeling, you can do the hand routine once a day – it can be a very nice thing to do in the evening before bed, to help aid gentle relaxation.



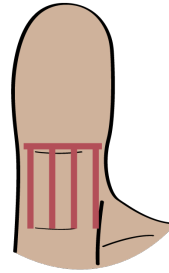
**Head area to help calm**  
Stroke up or up or down the thumb with one or two fingers.



**Pituitary and hypothalamus for calming stress hormones** Use knuckle to gently push in and turn in little clockwise circles.



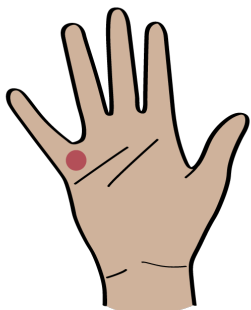
**Neck area to help ease tension** Rub or stroke across the first knuckle crease line.



**Thyroid area for energy** Rub or stroke down the thumb from the first knuckle line towards the base of the thumb.



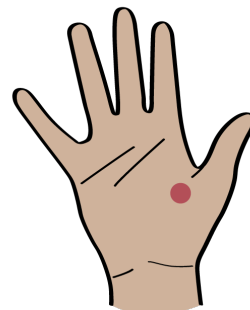
**Lung area to help regulate breathing** Use knuckle to gently push in and turn in little clockwise circles. If very sore, just gently push in and then release.



**Shoulder area to help ease tension** Rub the base of the little finger in a circular motion.



**Diaphragm line to help regulate breathing** Stroke your thumb in a semi circle from one side of the hand to the other just below the metacarpal bones.



**Kidney/adrenals area for calming the stress hormones** The hardest point to find – it's sore! Normally at the base of the first finger in line with the thumb.



**Spine area for calming nervous system** Stroke your finger down the side of the thumb to halfway across your wrist.