

Wellbeing: Hand Reflexology

Course overview

Hand reflexology is a form of hand massage that puts pressure onto various reflex points in the hand that are believed to correlate to body areas and organs. Hand reflexology is as effective as foot reflexology but much easier to do on yourself and others. Reflexology can help to reduce pain, stress, anxiety and promote relaxation.

What will I study?

You will:

- Explore the pressure points and zones on your hands
- Learn massage techniques to apply pleasant pressure
- Give a self massage to practice techniques and gauge pressure
- Give a hand reflexology massage to a peer

Assessment method

You will participate in activities, discussions, Q&A and receive verbal feedback from the tutor throughout the workshop and put into practice the principles covered.

Entry requirements

This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

You will be expected to work on someone else within the group. You may choose to enroll with a friend or family member so that you know who you will be working with. Hand sanitiser will be provided.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses, family learning courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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