

	REFLEXOLOGY	MASSAGE
Objective	Relaxation; support system function; help body achieve homeostasis.	Relaxation; reduce pain in musculoskeletal system; realign structure.
Focus	Reflexes. Physiologically based (function).	Muscles, fascia, tendons, ligaments. Anatomically based (structure).
Application	To reflexes on feet, hands and outer ears. Only bare hands or feet required.	Techniques applied to entire body or areas of complaint. Clothes usually removed.
Techniques	Small muscle movements of the hands and fingers unique to reflexology, such as thumb-walking, rotating-on-a-point, press & roll.	Large muscle movements of hands, forearms, elbows and/or feet to perform specific techniques to work particular areas of soft tissue. Small muscles movements may be used.
Benefit	To all body systems.	To musculoskeletal system.