

Reflexology Course Outline

Our ITEC Reflexology course covers the practical and theoretical training you need to provide reflexology treatments to the general public and to gain employment in the complementary therapy industry.

Topics include:

- History, theory and philosophy of Reflexology.
- Techniques of Reflexology.
- External reading of the feet.
- Reflexology Technique and sequence.
- Interpretation of Reflexes.
- Zones and their relation to organs and functions.
- Referral areas/cross references.
- The Holistic approach.
- Contraindications to Reflexology.
- Introduction to Hand Reflexology.
- Concepts and theories as to how and why Reflexology works.
- Client reactions - during and in between treatments.
- Consultations and record keeping.
- Common disorders/diseases.
- Devising a treatment programme.
- Home care advice.