

# London School *of* Reflexology

Certificated Course in

*In*

## Advanced Hand Reflexology

*Approved Association of Reflexologists 14 C.P.D. course*

*Held by Louise Keet author of the best-selling Reflexology Bible and Hand Reflexology. Live on Zoom*

**Thursday 23<sup>rd</sup> October or Tuesday 17<sup>th</sup> February**

9.30am – 3.25pm

**Cost £130**

This is a specialist Hand Reflexology certificated course. Louise will teach you live how to complete a reflexology sequence on the Hand and will help you to develop your skills and techniques in this very popular form of reflexology. You do not need to have anyone else present to do the course.

Hand reflexology complements foot reflexology to help develop unique selling points as well as being a popular standalone treatment. Hand reflexology is self-empowering as you can use this form of reflexology on yourself as well as your client. This is a wonderful skill that is attractive and beneficial to the elderly, children, those in hospices, corporate clients, mother toddler groups, public relation company events, perfect for talks demonstrations and introductions to reflexology.

The day is taught by Louise Keet author of the Reflexology Bible and Hand Reflexology. You will be given handouts including images of the reflexology points, clear instructions of the sequence, nail diseases and treatment consultation paperwork.

You will have 2 live slow guided supervised practices of all the points on the hand where Louise will use the zoom close up features to ensure you are working to access the points accurately. You will also be taught; how to create mini hand reflexology sequences to add to the end and complement your foot reflexology treatment, common pathologies of the fingernails, making your services appealing and questions will end this informative and interactive day.

Hand reflexology is a very relaxing treatment to experience and has been used successfully to treat a range of stress related conditions from insomnia to depression.

You will learn how to structure a treatment for clients who are suffering from **Hypothyroidism, IBS and Asthma** on this year's course. As we are seeing evermore clients suffering with these ailments. You will be able to improve your skills,

treatment plans, appreciate the causes to symptoms, develop your understanding of the holistic approach to health and use Hand Reflexology to deliver the best possible treatment.

Having excellent results for clients, the hands are closer to the heart and central nervous system and often having a more immediate relaxing effect for the client. Hand reflexology is also a helpful technique to show clients as aftercare advice because the hand reflexes are more accessible to work on in between treatments and can empower the client in their journey to better health. Potential clients that may benefit from hand reflexology include clients suffering from: arthritis, multiple sclerosis, insomnia, frozen shoulder, stress and anxiety or panic attacks, repetitive strain injury and carpal tunnel syndrome.

We will look at how to use Hand Reflexology to build up a client base and how to use it with corporate clients at desks. Combining Bergman Facial Reflexology, foot and hand Reflexology has been successful in building client bases to offer a more effective indulgence treatment.

On completion of the day, you will be awarded a certificate in **Advanced Hand Reflexology** which gives you 14 AoR CPD points there are no case studies required

Places are strictly limited and are on a first come basis please email [louise@learnreflexology.com](mailto:louise@learnreflexology.com) to request your place.

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#### COURSE BOOKING FORM

I confirm my place for Advanced Hand Reflexology on:

London school of Reflexology. Please email for bank details as course places are limited

Name

Address

Phone Number

e- mail

Please be aware we do not offer refunds for non-attendance for whatever reason as all course material is sent pre-course.

[www.learnreflexology.com](http://www.learnreflexology.com). [www.learnreflexology.com](http://www.learnreflexology.com).