

SIMPLY GLOWING

Reduce stress, fatigue, pain, symptoms of anxiety, depression and poor sleep with reflexology.

Reflexology

Reflexology is a type of manual therapy that involves applying pressure to specific points in the hands and feet with the aim of impacting health in related parts of the body.(1) Self-administered reflexology can be done in the comfort of your own home under the guidance of a reflexologist with reflexology techniques. There are many theories as to how reflexology works which include enhancing blood flow and nervous system connection and regulating the autonomic nervous system.(2, 3) The autonomic nervous system is the part of the nervous system that controls the “fight or flight” response (sympathetic nervous system) or the “relax, digest, rest” response (the parasympathetic nervous system).

The effects of reflexology may vary from person to person. In general there have been no harmful effects reported however caution should be used in conditions like blood clots, heart failure and cancer or in women who are pregnant.(1)

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information	Evidence Type	Evidence Level
Physical	Mild	1	In the adult population, evidence on reflexology for pain has shown mild improvements in pain management. (2, 4, 5) Most studies in healthy subjects showed an effect of lower blood pressure measurements.(2, 4, 5)	Systematic Review, Review	Low
Cognitive	None	0	There is no clear evidence demonstrating any effects of reflexology on cognition.	None	None
Emotional	Medium	2	In the adult population, the evidence on foot reflexology administered by another person has shown medium to strong improvement in fatigue, sleep and symptoms of anxiety and depression.(4, 6-8)	Systematic Review	Low to Moderate
			Evidence on self-administered reflexology has shown moderate improvement in levels of perceived stress, fatigue, and depression.(9)	Systematic Review	Low

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