

Reflexology

Reflexology is a type of [complementary therapy](#) involving the application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion.

Reflexology is not widely available on the NHS, with the exception of supporting end of life care including [cancer](#) (and sometimes their family or carers) at cancer units within hospitals.

Reflexologists believe that parts of the feet and hands are connected with all of the other parts of the body and that by applying pressure to these areas on the feet and hands, many medical conditions can be treated. Reflexology can also be used as a method of preventing illness.

The following types of conditions may be helped by reflexology:

- Migraine
- Digestive problems
- Arthritis
- Stress
- Back pain
- Insomnia

Standards for reflexology are voluntary and it may be best to find a reflexologist in your area, by visiting the [Association of Reflexologists website](#), or contact them using the details given below.

You may also find [The British Reflexology Association website](#) helpful.

[NICE](#) does not recommend reflexology as a treatment.

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Useful Organisations

Association of Reflexologists

Email: info@aor.org.uk

Website: www.aor.org.uk/

Telephone: 01823 351 010

Address: Victoria House, TA1 3FA

British Reflexology Association

Email: bra@britreflex.co.uk

Website: www.britreflex.co.uk

Telephone: 0333 772 9217

Address: Administration Office, CM14 5DJ

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