

## Relieving everyday stresses and tensions Classical and Vertical Reflexology calming techniques

by  
**Lynne Booth**

**Step-by-step instructions to accompany the video on [www.boothvrt.com](http://www.boothvrt.com) and YouTube.**

Try these easy to learn techniques on yourself, family and friends to help calm and relax your body, reduce stress and support your body's natural healing response towards minor ailments.

Reflexology is an ancient, non-intrusive complementary health therapy, dating back 5,000 years, based on the theory that different points on the feet, lower leg and hands correspond with different areas of the body. VRT was discovered and developed by Lynne Booth and is an acclaimed award-winning form of reflexology that has been taught internationally to thousands of practitioners over the past two decades.



### 1. A Calming Palm Reflex for Tension Relief

**Video from: 0:24 minutes**

- Press your thumb (or index finger) gently on the central fleshy part of your palm below the thumb. This is the **Adrenal reflex**.
- Rotate your thumb 3-4 times then press your thumb on the reflex and press firmly but not too hard. Release and press 3-4 times. You can also hold for 30 seconds.
- Repeat on the other hand.



### 2. VRT Calming Hand Rocking Technique

**Video from: 1:30 minutes**

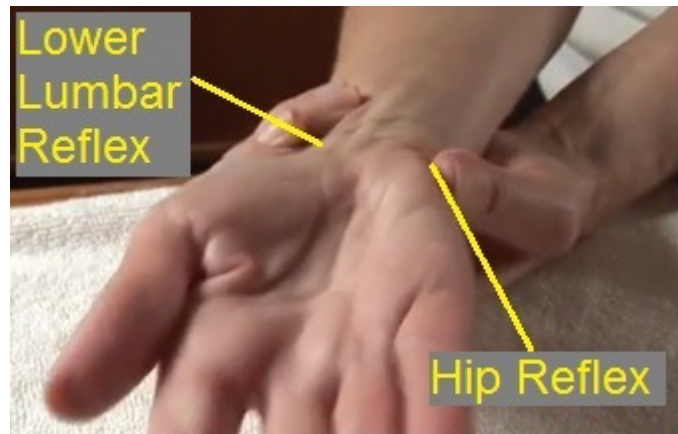
- Press your thumb gently on your palm, between the index and middle finger, below the ball of your hand, on what is part of the **Diaphragm reflex**.
- Slowly rock your hand back and forwards about 5 times and repeat on the other hand. It is also helpful to use this rocking technique before sleep when 10 to 20 rocks per hand are advised. This VRT technique is called **Diaphragm Rocking**.
- Repeat on the other hand.



### 3. Relaxing your whole body with the VRT Wrist Twist

Video from: 1:52 minutes

- Approach from underneath your hand – palm upwards. Firmly press the outside edge of your hand below the little finger, with your thumb, where it meets the wrist. This is **the Hip reflex**.
- With your index or middle finger press the inside edge of your hand, below the thumb, where it meets the wrist. This is **a Lower Lumbar reflex**. By pressing these two reflexes together you are holding the wrist in a pinching movement.
- Rotate your hand 3-4 times clockwise and then anti-clockwise. This technique aims to relax the body especially in the pelvic/lower lumbar/hip area. Instead of moving your arm or finger and thumb – your rotating hand will stimulate the reflexes
- Repeat on the other hand

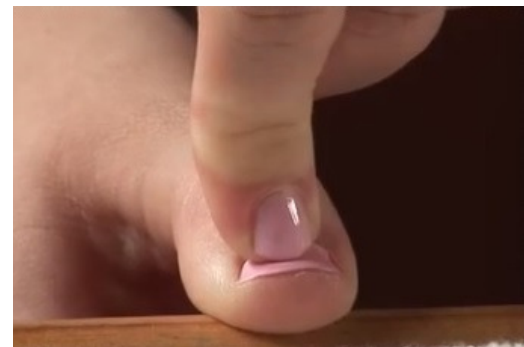


### 4. Soothing, relaxing VRT Nail-on-Nail techniques to help relieve stress

Video from: 2:37 minutes

Version 1 Nail-on-Nail techniques.

- In Vertical Reflexology terms, the centre of the thumb nail represents **the Pituitary Gland reflex**. According to Ingham, the founder of modern reflexology, the centre of the thumb pad also represents the Pituitary and the Solar Plexus.
- Place your thumb on the edge of a hard surface and lightly press to exert a little pressure.
- Now place your other thumb pad on top of your weight-bearing nail and roll it forward until its nail touches the centre i.e nail-on-nail. Then lightly press, nail-on-nail. The Pituitary is the master gland of the Endocrine system.
- Hold for up to 30 seconds. Repeat on the other hand.
- Use these important reflexes as a discreet method for calming the body. Place your thumb on the edge of the table or beside you on a firm chair seat and press with your other thumb nail in the centre of the nail and hold for 30 seconds. Repeat on the other hand



Video from: 3:10 minutes

Version 2: Nail-on-Nail techniques.

- This powerful nail-on-nail finger and thumb technique looks a little unusual but can be very calming and may help to relieve stress in many circumstances. The **Pituitary gland reflex** is worked simultaneously on the thumb and index finger nail.
- Place your index finger pad on the pad of your opposite thumb. Now place your index nail on index nail and thumb nail on thumb nail. Hold with a light, gentle pinch for 30-60 seconds. In the centre of each nail is the **Pituitary gland reflex**.



- This technique can be used very discreetly by positioning your fingers and thumbs while your hands are, unobserved by others, on you lap. Many clients undergo authorised medical support for panic attacks, fears including those related to flying or exams, hot flushes, shortness of breath, headaches and many other bodily discomforts. These VRT nail-on-nail pinching techniques may help to bring about a gentle, calming sense of relaxation to the body thus encouraging a general sense of well-being.

## 5. A relaxing VRT work-out: Powerful weight-bearing hand reflexology

**Video from: 3:53 minutes    Version 1: Working all body reflexes to support general well-being and relaxation.**

- VRT's therapeutic response on the weight-bearing hands often appears to be quicker, possibly because all the anatomic nerves in the feet and hands, and therefore the actual reflexes, become *sensitised* when weight-bearing which may increase the energetic response. These techniques cover much of the body's reflexes that are situated on the top (dorsum) can be used for self-help or applied to another person.



- **Whole body reflex brush.** Ensure the hand is pressed firmly on a hard flat surface. The arm is held straight, but at an angle for comfort, and press downwards to slightly increase the weight-bearing capacity. Place both sets of fingers on the top of the hand at the wrist and move your fingers smoothly down the hands, pressing and lifting your finger tips in tiny "bites". Do not glide as it is important to put pressure on the hand and release to stimulate the reflexes..



- The weight bearing fingers contain some important reflexes including the **Neck reflex**. You can pinch two fingers, either side of the base of thumb for extra stimulation and hold for 30 seconds.. Repeat on the other hand.
- Pinch up and down the side of the thumb and fingers. It does not matter which direction. Some **neck reflexes** are at the base of the thumb. **The sinus, neck, brain and head reflexes** are on all fingers. You can work both hands at once – starting with the thumbs and finishing with the little fingers.

### Working the weight-bearing fingers to relax your upper-body and limbs

**Video from: 4.53 minutes    Version 2**

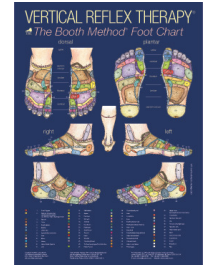
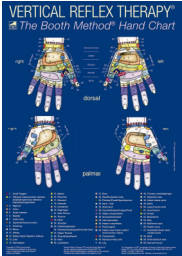
**This unusual VRT technique is very powerful and helpful for relieving everyday stresses and strains.**

- Place your weight-bearing hand on the table with just your finger tips touching and pressed firmly on the surface.
- Pinch down both sides of the fingers and thumbs. The **Sinus** reflexes are worked by pinching up and down all fingers. The **Head and Brain reflexes are on the thumb and finger pads & tips**. The **Neck reflexes** are situated either side of the base of the thumb. Repeat on the other hand for a maximum of 30 seconds. This method appears to be helpful to relax upper body tension.



The VRT/reflexology techniques aim to bring your body into balance (homeostasis) thus relieving the stresses and tensions of everyday life. You, your family and friends can all benefit. So try and make time each day to spend a few minutes applying these gentle, relaxing hand reflexology techniques which may encourage the soothing release of endorphins. Every age, from small children to octogenarians, can benefit.

**Be kind to your body.....it's the only place you live.**



Vertical Reflexology and Classical reflexology charts, best-selling books and acclaimed 60-minute training VRT DVD for Feet and Hands. available on-line at [www.boothvrt.com](http://www.boothvrt.com)

**Free video!**

## ***Crying Baby?***

***Gentle reflexology techniques to help soothe your infant.***

Parents who have small babies may find these gently relaxing and calming VRT and Reflexology techniques helpful in relieving everyday stresses and tensions. There is also a free video and Instruction Sheet on the Home Page of our website for babies as well. More will follow in the future,



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

### **Disclaimer**

Reflexology and Vertical Reflex Therapy (VRT) are relaxing non-invasive techniques and do not replace medical interventions. If you have an acute or chronic medical condition you should always seek the advice of a qualified physician. No person, under any circumstances, should climb onto a stair, chair or raised surface to have their feet worked. Always ensure that anyone standing to receive VRT is near a table or chair to hold for balance. Any application of the ideas or techniques demonstrated in this video are at the sole risk and discretion of the user.

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