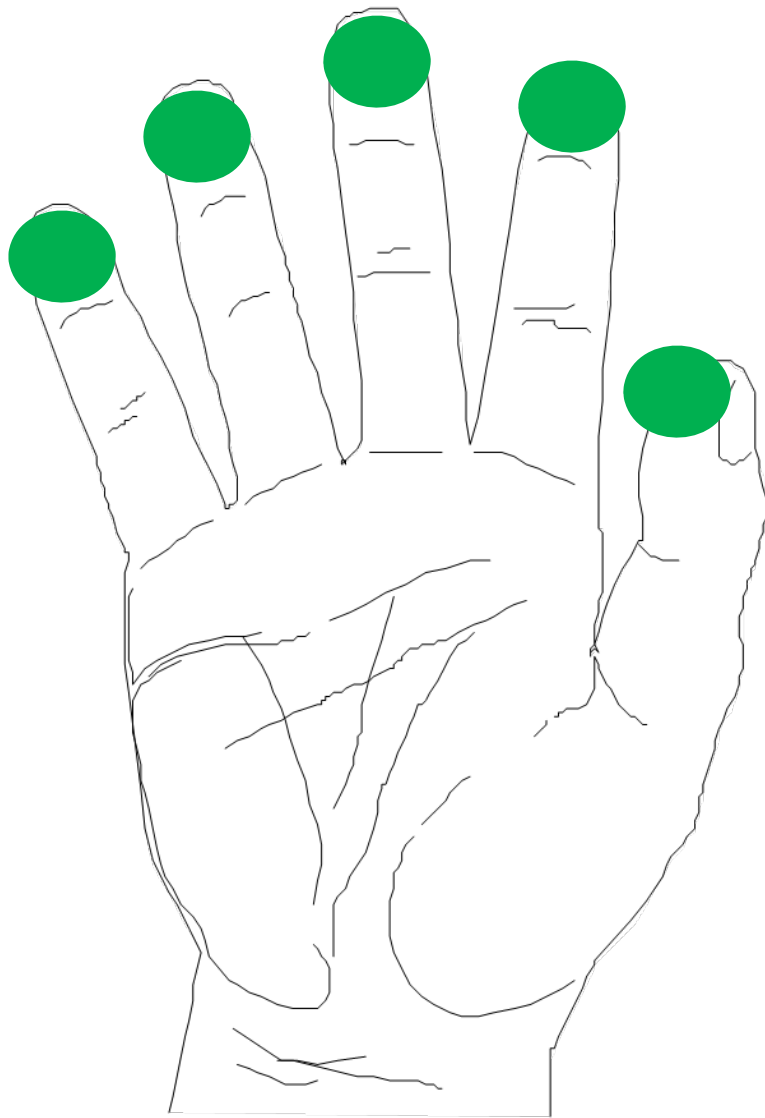




Sinus Pain

Working the following reflexes may help to open up your sinuses.

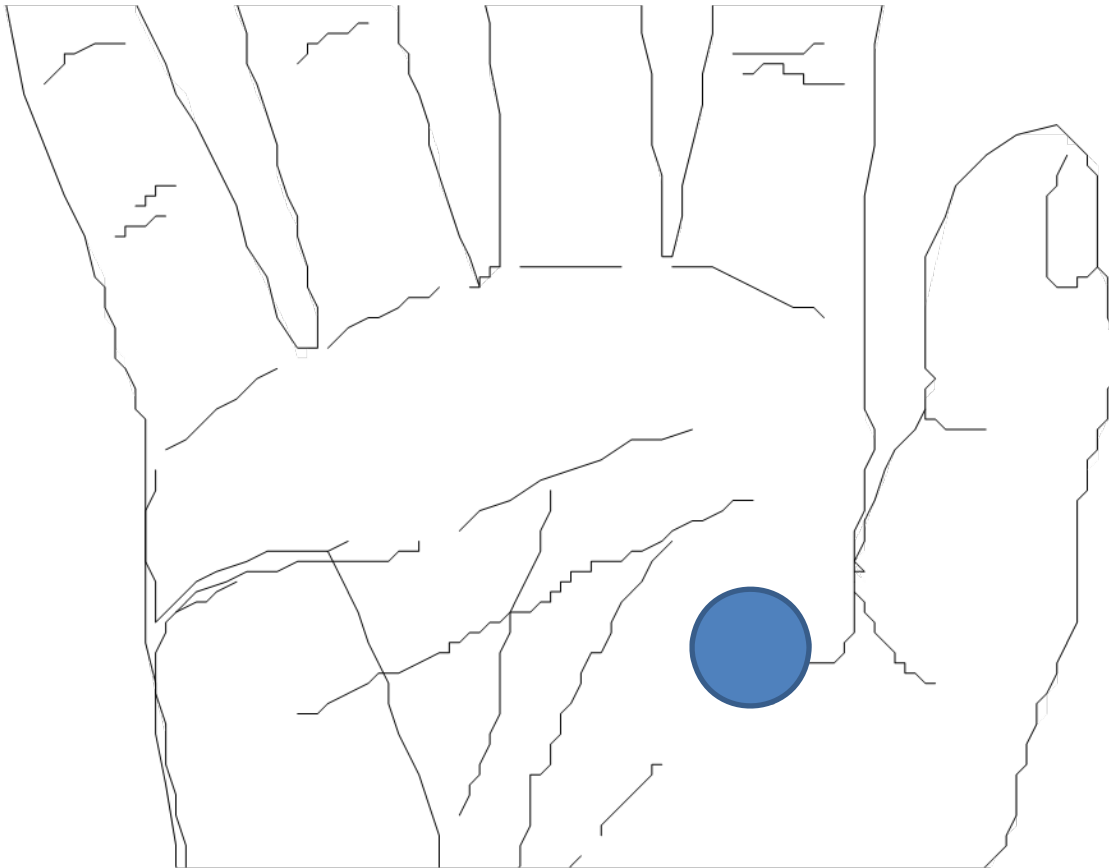


Sinus Reflexes

The sinus reflexes are located on the fatty pads of all the fingers.

Press deeply into the reflex and apply a circular motion.

Did you know that many reflexologists get a runny nose while working because they work their own sinus reflexes as well during the session?



Adrenal Reflex

This reflex is your anti inflammatory reflex.

It can be sensitive.

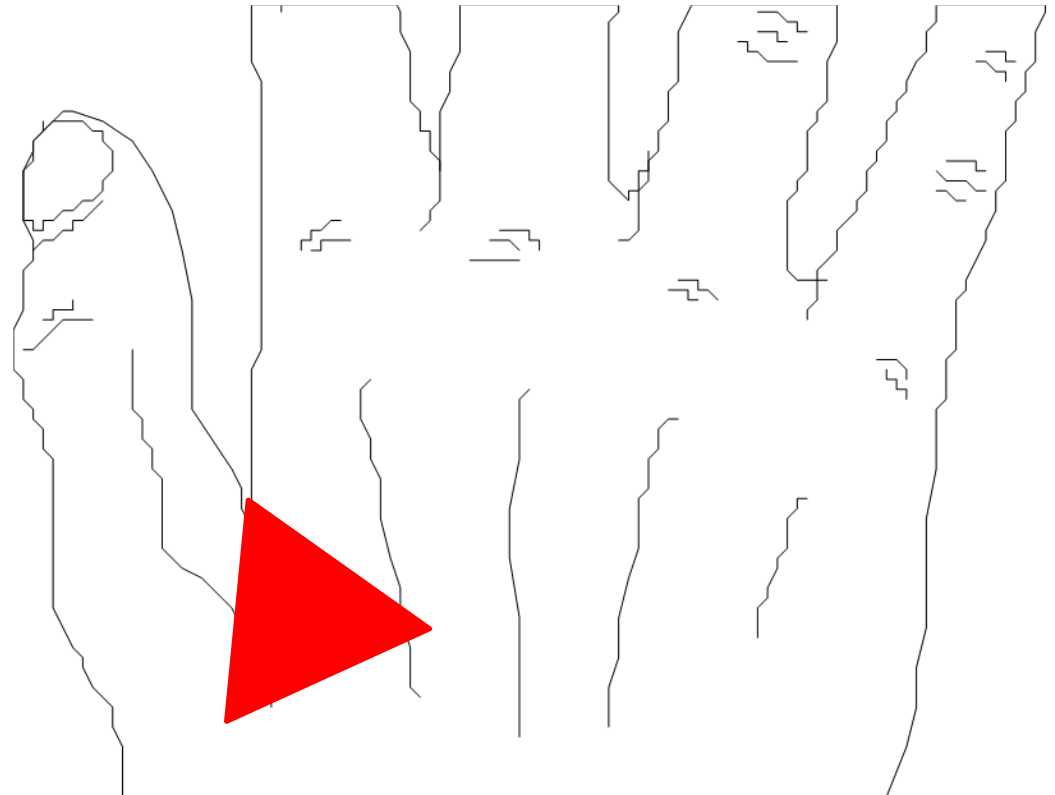
Press in and apply a circular motion.

You can use this for headaches or allergies as well.

The Lymphatic Drainage Point

Press in and rub this area thoroughly. It will help to remove excess fluids from the body.

Do not work this area if you are pregnant!





That feels better!