



Holly Tse, CMP

6 CHINESE REFLEXOLOGY POINTS FOR SEASONAL ALLERGY RELIEF

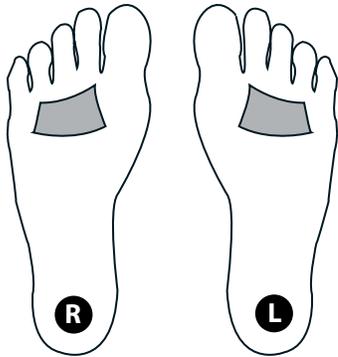
Here's a quick reference chart showing how to locate and massage the 6 Chinese Reflexology points for relief from seasonal allergy symptoms. Massage these points once a day to strengthen and harmonize the flow of Qi (life force) in your body related to seasonal allergies.

Please note that this information is for reference only and doesn't replace proper medical care or common sense! Reflexology is very safe, but if you are pregnant or have an acute heart condition, do not practice this routine. If you're not sure whether it's safe for you to practice reflexology, please check with your doctor first.

To read more details about this reflexology routine, please visit my website at:

www.ChineseFootReflexology.com/reflexology-for-allergies

1. LUNGS



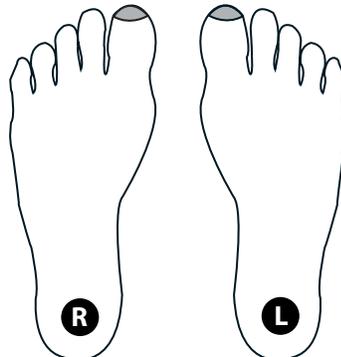
Location

Ball of the foot under 3 middle toes

Massage Technique

Press deeply with thumbs in small circles for 60 seconds each foot

2. SINUSES



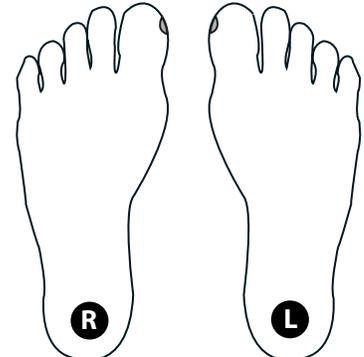
Location

Tip of underside of big toe

Massage Technique

Rub with thumb side-to-side for 60 seconds each foot

3. NOSE



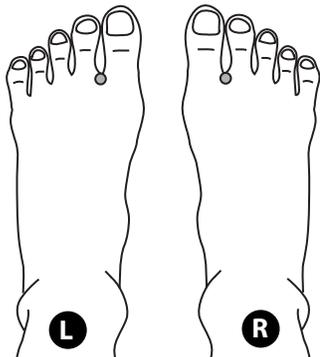
Location

Side of big toe above toe knuckle

Massage Technique

Rub with thumb side-to-side for 30 seconds each foot

4. THROAT



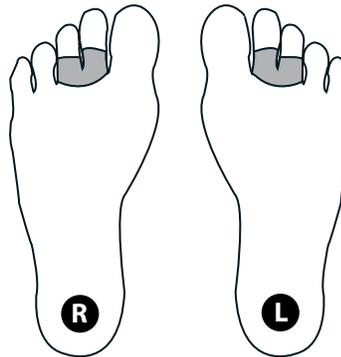
Location

Point at base of first two toes

Massage Technique

Use knuckle to dig and twist for 20 to 30 seconds each foot

5. EYES



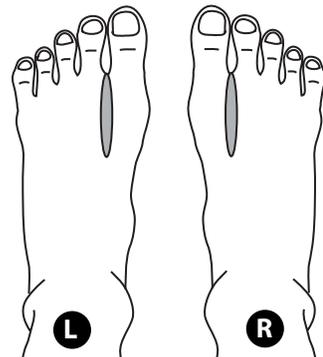
Location

Under second and third toes

Massage Technique

Use thumb to press in an up and down motion for 30 to 60 seconds

5. LYMPH



Location

Web between first two toes

Massage Technique

30 downward strokes from base of toes to where bones meet

If you received this diagram from a friend, I invite you to join my mailing list for free lessons on Chinese Reflexology.

For more articles and tools to help you stay healthy and thrive, visit: www.ChineseFootReflexology.com

© Holly Tse