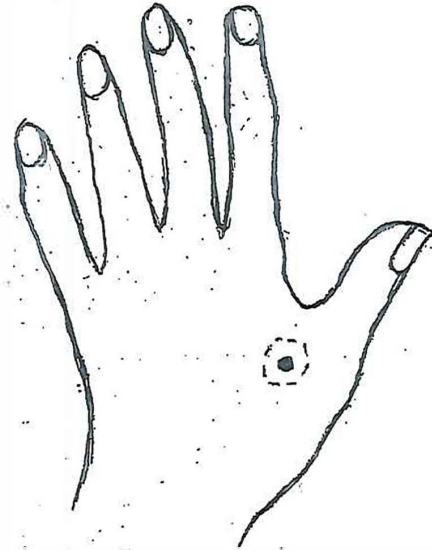


Hand Reflexology – Pain Relief

Reflex/Acupressure Point

A 5p sized spot on top of the hand found between the thumb and the forefinger



Apply Pressure

Place a thumb on top of the fleshy part between the thumb and forefinger on the other side of the hand with moderate-firm pressure. Hold for a minute and repeat as often as needed.

