



Information sheet: Reflexology

What is Reflexology?

Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and wellbeing. By reducing stress in people's lives reflexology can optimise good health and build resilience.

Reflexology is a touch therapy that is based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body and reflexologists apply pressure to those areas to rebalance the body. It provides a period of time for relaxation where the client has one to one attention and supportive touch in an empathetic listening environment.

Reflexology can be used safely alongside standard healthcare to promote better health.

What does the therapy do?

Reflexology aims to bring deep relaxation to all systems of the body allowing it to naturally restore and rebalance to become as efficient as possible.

What are the training standards?

Reflexology is on the Regulated Qualifications Framework (RQF) in England at a level 3 diploma, and on Welsh framework (CQFW) as a level 5. It can be learnt as a stand alone therapy or as part of the complementary therapies diploma. This is a minimum practitioner level requirement, but extended learning up to degree level is possible.

Is Reflexology regulated?

Reflexology sits within the Professional Standards Authority ([PSA](#)) voluntary Accredited Register scheme via the Complementary and Natural Healthcare Council ([CNHC](#)). Voluntary regulation provides an extra level of protection of the public as the therapist is listed on a register that is under independent regulatory oversight. The process of voluntary regulation is a choice and not all reflexologists will choose to be regulated.

How do I find a Reflexologist?

Finding a reflexologist who is of high training and who follows a supportive code of ethics is easy if you know where to look.

The [CNHC](#) has a register that can be searched online to find a reflexologist who is on a register accredited by the [PSA](#).

Also, both the Association of Reflexologists ([AoR](#)) and the Federation of Holistic Therapists ([FHT](#)) have 'find a therapist' searches on their website. All therapists on these registers will be insured, and they will have agreed to abide by a code of conduct and continue to develop professionally.

Are there any safety concerns?

There are no indicators from any condition-based research so far that reflexology is unsafe in any tested situation. There are however recognised industry contraindications where it is advisable to not receive treatment.

Is there an evidence base?

There are some small published research studies on reflexology but the evidence base is not extensive. These studies can be accessed through:

<https://www.ncbi.nlm.nih.gov/pubmed/>