

# Using self-help hand tools

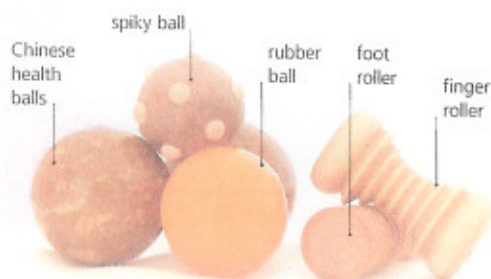
To reach deep areas, reflexology relies on strength or mobility during technique application, and not everyone is able to effect this in self-help techniques. However, using golf balls and other tools can provide an effective alternative. A golf ball is a good, cheap option, but you may prefer a rubber ball's softer surface. Round and cylindrical rubber pet toys also make great tools.



## USING HEALTH BALLS

Used in pairs, health balls (see left) are typically made of metal or smooth, polished rock. Throughout the Far East, where reflexology is common practice, health balls are easily available. Supplementing your hand reflexology routines with the use of health balls several times a week can help to build flexibility in the hands, strengthen muscles, and develop hand awareness. To use, hold both balls in one hand, and using the digits of the same hand, move them in a clockwise or counter-clockwise direction. If you do not have health balls, try using golf balls instead. However, you may find that because health balls are heavier, this makes them more suitable for exercise.

HERE ARE SOME SPECIALIST reflexology self-help tools. If you are not able to buy these, an ordinary rubber ball can work just as well.



MOVING HEALTH BALLS around the hand is a similar action to drumming the fingers on a flat surface (see below). Strike first with the little finger, then the other digits, one after the other.

