Reflexologist

Reflexologists treat a range of physical and emotional problems by applying pressure to certain reflex points of the hands and feet. This pressure helps to release tension, stimulate circulation and promote a healthy mind and body.

The Work

You could be:

- taking details of the client's medical history
- discussing lifestyle and diet with your client
- selecting treatment for physical and emotional problems such as sinusitis, poor circulation, leg cramps, anxiety, stress, hormonal imbalance, fluid retention, digestive problems or insomnia
- applying pressure to areas of the feet and possibly also to the hands and the face
- working with patients, providing holistic health care
- advising your client to see a doctor or other therapist if necessary
- keeping records of clients and progress.

Pay

Most reflexologists are self-employed or work on a freelance basis so their earnings will vary. They normally charge an hourly fee or sessional rate which can range from £35 to £80 for up to an hour treatment. It takes time to develop a practice and establish your reputation. Later you may be able to increase your fees.

Conditions

- You may work in a consulting room in a clinic or health centre.
- You might work from your own home.
- You may have to travel to visit clients in their homes.
- You might have to work evenings or weekends to suit your clients.
- You would usually wear a white coat or tunic and trousers.

Getting In

- There is no mandatory professional registration, but it is advised, to prove that you have completed an approved course.
- There are a number of professional associations you can join and register with, such as the Association of Reflexologists (AoR).
- The Association of Reflexologists and the British Reflexology Association both list suitable courses.
- The HND in Complementary Therapies and Beauty Therapy both include units in reflexology.
- Entry requirements vary – some courses require 2-3 Highers including a science subject. Knowledge of anatomy is useful.

You might find work in the National Health Service (NHS) or private healthcare but most reflexologists run their

own businesses. You could look for work in fitness centres, hair and beauty salons and care homes.

What Does It Take

You should be:

- able to work well with people from all backgrounds
- a good listener and communicator
- understanding and sympathetic
- aware of professional and ethical standards
- well organised and able to keep accurate records
- able to apply varying pressure with your hands to the appropriate points.

Training

Once you have gained your qualification, training is on the job, with short courses to keep you up to date.

Getting On

- With experience you might be able to increase the size of your business.
- You might train in more than one complementary therapy – many reflexologists also qualify in aromatherapy.
- You might combine your work with teaching, research or journalism.

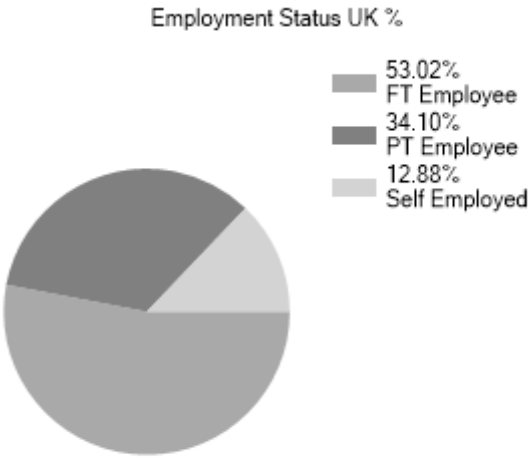
Contacts

Association of Reflexologists (AoR)
Tel: 01823 351010
Email: info@aor.org.uk
Website: www.aor.org.uk
Facebook: www.facebook.com/aorreflexology

British Reflexology Association (BRA)
Tel: 0333 772 9217
Email: bra@britreflex.co.uk
Website: www.britreflex.co.uk
Facebook: www.facebook.com/britreflex

International Federation of Reflexologists
Tel: 0870 879 3562
Email: info@IntFedReflexologists.org
Website: www.intfedreflexologists.org
X: @IFR_News

Statistics



Past Unemployment - Scotland

No Claimant statistics available for Scotland.

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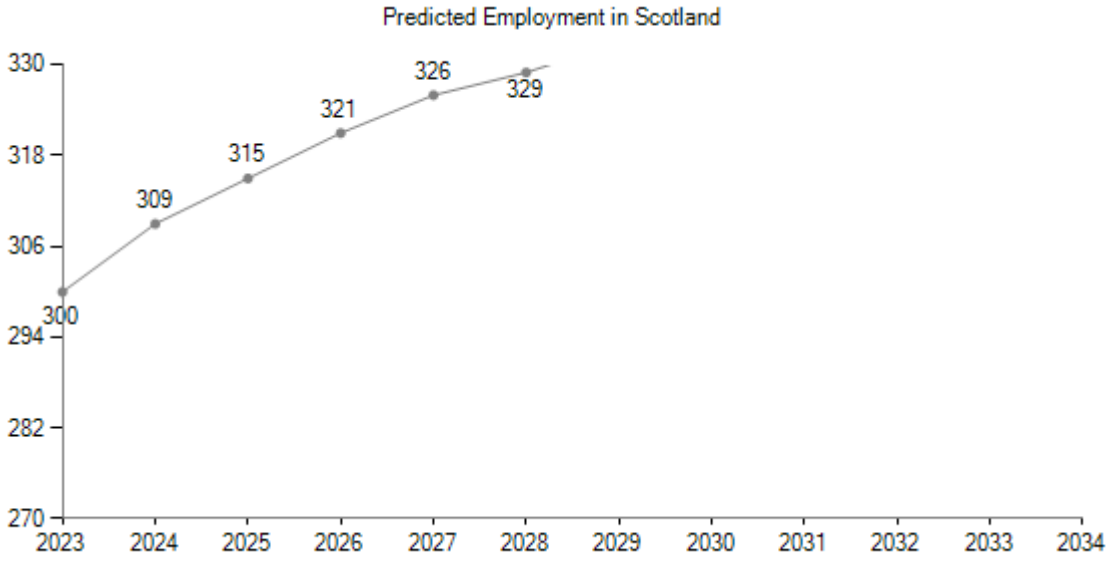

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