

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 £25 to £70 an hour. 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

- To treat members of the public you would need to complete a qualification that is recognised for membership of the Association of Reflexologists (AoR). The most common is the Diploma in Reflexology or Complementary Therapies awarded by City and Guilds, ITEC, VTCT or CIBTAC.
- 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

Website: www.aor.org.uk

Twitter: @AoR_Reflexology

Facebook: www.facebook.com/aorreflexology

British Reflexology Association (BRA)

Tel: 01886 821207

Email: bra@britreflex.co.uk

Website: www.britreflex.co.uk

International Federation of Reflexologists

Tel: 0870 879 3562

Email: info@IntFedReflexologists.org

Website: www.intfedreflexologists.org

Twitter: @IFR_News

Skills for Health

Tel: 0207 388 8800

Email: contactus@skillsforhealth.org.uk

Website: www.skillsforhealth.org.uk

Twitter: @Skillsforhealth

Facebook: www.facebook.com/skillsforhealth1

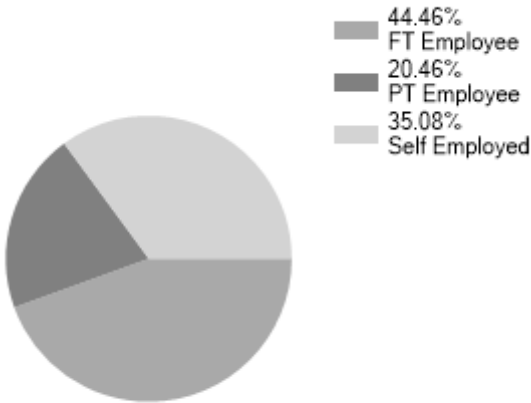
Vocational Training Charitable Trust (VTCT)

Website: www.vtct.org.uk

Twitter: @VTCT_uk

Statistics

Employment Status UK %



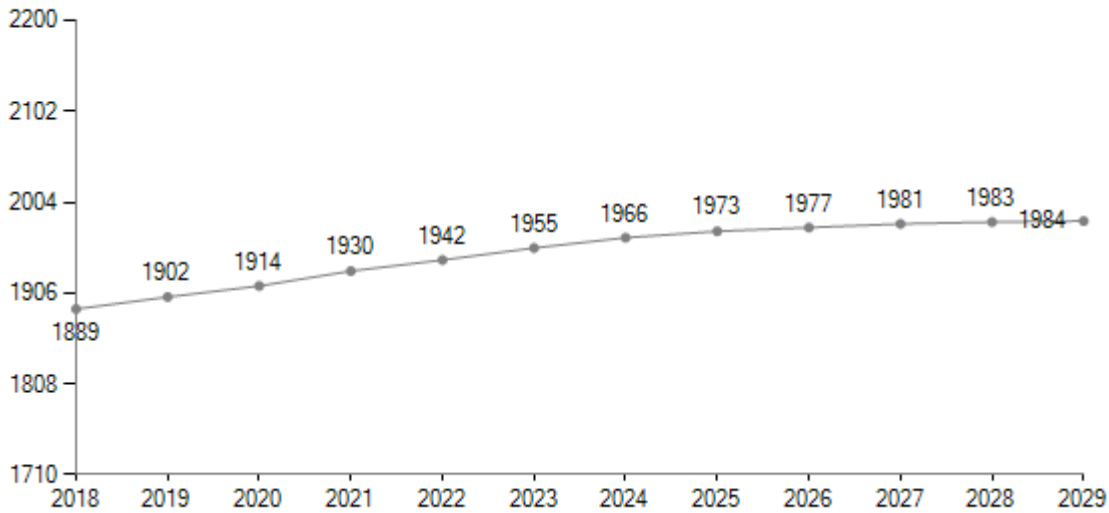
Past Unemployment - Scotland

Date	Unemployed
Dec 2018	0.11%

LMI data powered by [EMSI UK](#)

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [EMSI UK](#)