

## **Reflexology is:**

Reflexology is a non-invasive complementary practice involving the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands and outer ears.

## **A Typical Reflexology Session:**

- Is performed on the feet, hands and outer ears.
- Only footwear is removed.
- Average session length is 60 minutes.

## **The Legitimate Reflexology Professional is:**

- A graduate of a reflexology program consisting of at least 200 hours of training.
- Certified through a national certification board.
- Certified through an accredited vocational school.

## **Posted Credentials May Include:**

- Diploma of Reflexology education.
- Certificate of Certification.
- Membership in RAA and the state reflexology association.

- Continuing Education Certificates.
- Code of Ethics and Business Standards.
- Whom to contact with a grievance.

## **History and Science:**

The art and science of Reflexology is based on the work of three 20th century medical doctors and a physiotherapist

- Dr. William Fitzgerald (USA)
- Dr. Joe Shelby Riley (USA)
- Dr. Paul Nogier (France)
- Eunice Ingham (USA)

## **Reflexology is:**

- Supported by over 300 global research studies.
- Funded by two research grants (of several million dollars each) by the National Cancer Institute.
- Recognized by the National Center for Complementary and Alternative Medicine as a separate integrative therapy.

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# *Identifying the Legitimate Reflexology Practice*



## Ethics and Business Standards

An unethical, but growing trend in the USA is the operation of “reflexology parlors or studios” that front for operations of human trafficking and prostitution.

**All professional reflexology organizations and legitimate reflexologists are opposed to the exploitation of humans and to human trafficking in any form.**

Professional reflexologists adhere to a strict Code of Ethics and Business Standards set forth by national organizations, educational institutions, and state legislation.

### Resources

For more information or to report a potential case of human trafficking, please contact your local law enforcement, or:

**National Human  
Trafficking Resource Center**  
**1-888-373-7888**  
[www.traffickingresourcecenter.com](http://www.traffickingresourcecenter.com)

## Professional Organizations in the Reflexology Field

Both these Reflexology organizations are independent non-profit corporations governed by their own Board of Directors and work in cooperation with each other.



### ARCB

American Reflexology  
Certification Board

The primary aim of ARCB is to protect the public through certifying the competency of trained reflexology practitioners. To aid the public in locating ARCB certificants in their area it also provides a national referral directory through their website.

Established in 1991, ARCB is a non-profit, independent national testing agency. As such ARCB is not affiliated with any school, instructor, business, or association.

### ARCB

**303-933-6921**

[www.arcb.net](http://www.arcb.net)



### RAA

Reflexology Association of America

RAA, established in 1995, is a membership association open to reflexologists, reflexology schools, and to those who are outside the field, but wish to support reflexology.

RAA's primary goals include:

- Advancing its members' interests.
- Sponsoring a biennial conference.
- Acting as a national referral board for its member practitioners.
- Educating the public on reflexology and its benefits.
- Acting as a clearinghouse for information about reflexology to the federal government, the public and its membership.

### RAA

**980-234-0159**

[www.reflexology-usa.org](http://www.reflexology-usa.org)