

Annual Meeting on  
**NATUROPATHIC PHYSICIANS &  
ACUPUNCTURISTS**

July 24-26, 2017 Melbourne, Australia



## *Anne Hilarius-Ford*

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### **Facial and foot reflexology: History and healing powers**

Reflexology is an ancient modality that has seen resurgence since the late 1800's and more till today. It is a unique form of healing as, by working feet, hands and face, the depths of the body are reached, both physically and mentally. Research, using Doppler sonography and fMRI, shows that working specific reflexes on the feet increases activity in the organ worked as well as in the section of the brain that relates to that organ. Foot and hand reflexology were researched by Eunice Ingham over a period of some 30 years. She extensively mapped the body on both feet and hands based on feedback from clients during and after the treatment. Working on the face for healing has been practiced across cultures and continents. Facial reflexology today has two main streams. Dr. Prof. Bùi Quốc Châu, adapted auricular acupuncture to facial acupuncture and eventually to facial acupressure. He used various projections of the body on the face. Years of research led to the creation of effective treatment formulas using points and zones on the face. He called this method as Dien Chan. Lone Sorenson created facial reflexology sorensensystem. Lone, an Avid student of Natural therapies witnessed many healing traditions across the world including Asian cultures and South American tribes. Chosen and selected techniques from these ancient healing arts have created an effective modality that reaches deep into the body. Reflexology today is a vibrant modality.

### **Biography**

Anne Hilarius-Ford is running a successful private Reflexology practice since 2000. She has completed her Diploma in Reflexology with the Australian School for Reflexology and Relaxation in Melbourne. She has the Diplomas in Facial Reflexology and Japanese Cosmo Facelifting with the Instituto de Reflexologia in Barcelona. In the year 2016, she created a 6-video series on hormones and reflexology as well as the ultimate facelift treatment and a workshop. She has served the Australian Reflexology Association.

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