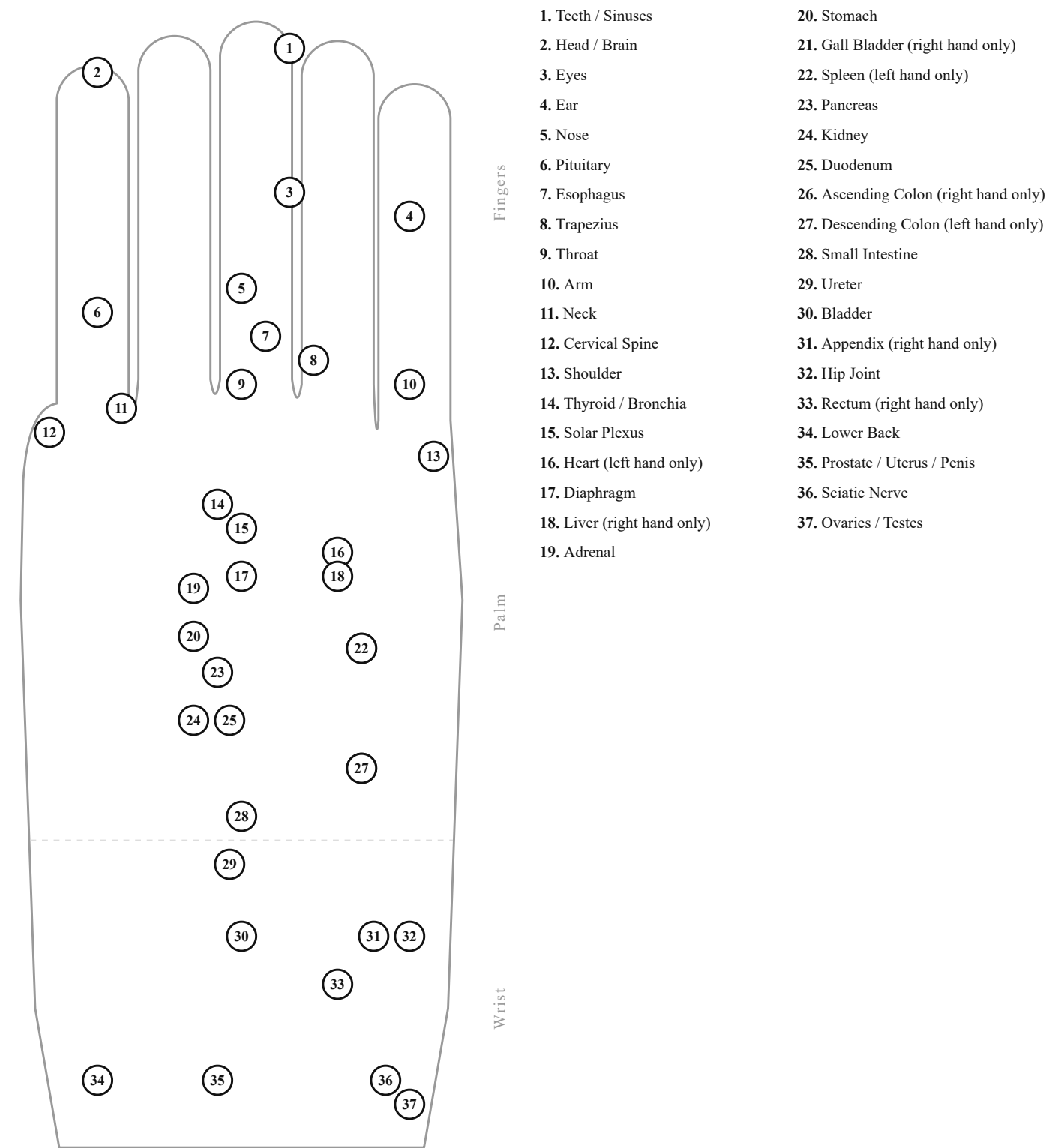


Hand Reflexology Chart

Palm view · 37 reflex points · Ingham Method (Western reflexology)

Numbers on the diagram match the list. Points marked left or right differ between hands.



Reflexology is a complementary therapy. It is not a diagnosis or a treatment for any medical condition, and it does not replace care from a qualified professional.

Find a qualified reflexologist near you at <https://reflexologyzone.net/directory>