FootPrints

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FOOTPRINTS

The Board of Directors are pleased to announce that the *FootPrints Quiz 2025* is now available to download from the RAoA Website.

5 CPT/CPD (Silver Category)

To access:

- Go to Reflexology.org.au
- Login as a member
- Go to the SHOP pulldown menu
- Go to page 2 (in the Shop section)
- Click on 2025 Quiz Graphic
- Select FREE shipping
- Go to check out
- Pay $20 and exit

From the Chair

It is fair to say my to-do list has grown considerably, but that reflects the important work currently underway on your behalf.

We are actively reviewing the website and addressing the concerns raised by members. Alongside CPT, we are also strengthening our education pathways to make understanding how to gain points clearer and more accessible. As an early step in this process, I encourage members to engage with the upcoming quiz, which will serve as a practical starting point.

Looking ahead, the Board is committed to increased communication and greater transparency, particularly in relation to finances. These are priorities we know matter to our members and we are focused on delivering meaningful improvement in these areas.

Conference planning has now commenced and I ask that you save the dates of 12–13 September and begin planning a trip to Western Australia. Further details will be shared as arrangements progress.

Most importantly, the Board wants to hear from you. We welcome your input on what actions you would like us to take on your behalf. We also encourage members to consider joining a committee—whether to share professional skills, gain insight into the organisation, or simply ensure your voice is heard.

Your engagement strengthens our organisation and I look forward to working together as we continue to build a more informed, connected and transparent future.

Keri Wood
RAoA Chairperson

Association awards

	Life Membership	Outstanding Achievements			
NSW	Sue Ehinger Graeme Murray *(deceased)* Cherel-Sue Waters Judee Hawkins	Ronda Mackay Judee Hawkins 2009 Ann Jooste Jacobs 2009 Misha Frankel 2010 Joan Harwood 2010 (deceased) Jan Cullen 2014		Stephen O'Rourke 2017 Sarita Atkins 2017 Karen Riley 2020 Sue Ehinger 2025	
QLD	Heather Edwards Sharon Stathis Tissa Hennig Dianne Yaxley Joan Boardman Smith *(deceased)* Vera Emmi	Don Stretton Julie Bidwell Jan Williams 2006 Glenda Hodge 2007 Ian Gilbert Miranda Mann 2007 Irene Bull Patricia Maclean Margaret Coventy 2008 Catherine Lee 2008 David Wong 2008		Claire Siertsema 2009 Jan Kiss 2009 John Zurfluh 2010 Sonia Bailey 2011 Kate McKnight 2011 Sue Brooking 2013 Catherine Lee 2014 Helen Adendorff *(deceased)* 2015 Kate McKnight 2016 Vera Emmi	
SA	Joyce Lockett Rosemary Urban *(deceased)* James Flaxman Susan Ramsey	Suzanne Pfitzner Susan-Jean Ramsey 2006 James Flaxman 2008 Marg Rowett 2011 Pauline Trent 2014		Pamela Nish 2020	

	Life Membership	Outstanding Achievements			
TAS	Pamela Skeggs Lynda Kidd	Lorna Menzies 2010 *(posthumously)* Gaylene Webb 2011 Vicki Delpero 2011 Shirley Lawson 2012 *(deceased)* Sarah Blain 2013 Lynda Kidd 2018			
VIC	Dee Leamon Carol McBain Josie Magazzu *(deceased)* Marion Bond Trevor Steele *(posthumously)* Emma Gierschick	Natalie Baker 2006 Marion Bond 2008 Samantha Langridge 2010 Karen Fothergill 2010 Helen McCallum 2010 Dani Singer 2010 Anne Cooper 2010 2013		Lyn Fava 2013 Yve Frankcombe 2017 Anne Hilarius-Ford 2017	
WA	Keith Solomon (deceased) Brigitte Johnson Lynn Hatswell	Patrica Bell 2006 Flora Toft 2006 Gladys Duncan 2006 Chris Aubrey 2007 Des Bradley 2007 Lis Anderson 2007		Mairead Spooner 2008 Catherine Chandler 2008 Judy Moyes 2011 Dot Neems 2017 Carol Lee 2017	

Past Presidents of the Reflexology Association of Australia

Name	From	To
Brigitte Johnson	2002	July 2003
James Flaxman (Acting)	July 2003	September 2003
Jan Williams	September 2003	September 2004
Emma Bettles (Gierschick)	September 2004	July 2007
Libby Stark *(deceased)*	July 2007	July 2009
Anne Young	July 2009	March 2011
Susan Ramsey (Acting)	March 2011	July 2011
Heather Edwards	July 2011	July 2014
Sonia Bailey	July 2014	October 2017
Susan Ramsey	October 2017	October 2023
Marie Steinke (Chair)	October 2023	October 2025
Keri Woods	October 2025	Current

January 2026

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The Reflexology Association of Australia is an independent, non-profit organisation and is not affiliated with any educational institution. It is managed by a national Board of Directors and has branch committees in each state. All positions are honorary.

Front cover: Andy Bryant, The Barefoot Podiatrist, courtesy of Lyndal Hynes (see Victoria State Report, page 19).

Newly elected Directors for 2025–26

Keri Wood — Chairperson; Principal of ASRR; Education Director and CPT Board Member

With a career in reflexology that began in 1997, Keri Wood is one of the profession's most seasoned educators and leaders. Her work has taken her across multiple countries, giving her a global perspective on the value of reflexology and the diverse ways it is practised around the world. This international experience continues to inform her teaching, leadership and approach to student development.

Keri serves as Chairperson of the Association, as well as a long-standing member of both the Education Board and the CPT Board. Her leadership is grounded in a deep understanding of reflexology education and a strong commitment to maintaining professional standards across Australia.

As Principal of the Australian School of Reflexology & Relaxation (ASRR), she has guided thousands of students through their training journey. Keri is known for her clarity, warmth and ability to support students to achieve both personal confidence and professional readiness. Her influence extends far beyond the classroom — she plays an ongoing role in strengthening curriculum design, advocating for reflexology recognition and supporting the growing demand for high-quality reflexology education nationwide.

Keri brings steadiness, experience and passion to every role she holds, making her a central figure in the future direction of reflexology in Australia.

Irene Tasho — Research & Promotions Director; Director for NSW

Irene Tasho leads the Association's Research and Promotions portfolio, a role that draws on her strong curiosity, organisational skill and commitment to evidence-based practice. She is dedicated to ensuring that reflexology is represented with credibility, clarity and professionalism — both within the wellness community and to the general public.

As the Director for New South Wales, Irene actively supports practitioners statewide, helping to lift visibility of reflexology and to foster a more connected professional community. Her work is driven by a genuine passion for public education, research interpretation and helping practitioners understand emerging trends within the complementary health sector.

Irene's approach blends analytical thinking with warm communication. She believes strongly in the power of well-presented information to raise awareness and encourage greater engagement with reflexology. Whether working on promotional campaigns, contributing to research summaries, or supporting member initiatives, Irene brings enthusiasm and a forward-thinking perspective to the Board.

Maureen Wilson — Finance Director; Director for Victoria

Maureen Wilson serves as the Association's Finance Director, overseeing financial management, strategic planning and the long-term financial health of the organisation. With a steady and methodical approach, Maureen ensures that the Association's operations remain sound, sustainable and prepared for future growth.

As Director for Victoria, she supports local practitioners, regional events and member engagement. Her ability to blend financial responsibility with genuine member care makes her a valued contributor to the Board.

Maureen has a strong personal interest in complementary health and the capacity of reflexology to enhance wellbeing. Her work reflects integrity, consistency and a deep respect for both the profession and the people within it. She plays an essential role in ensuring that the Association continues to evolve responsibly while maintaining high standards of governance. Maureen has previously held many roles within the Victorian region giving her vast experience and strong understanding.

Christina Ellis Hall — Vice Chair; Director for WA; Reflexologist and Sound Practitioner

A multi-disciplinary practitioner with a passion for holistic wellness, Christina Ellis Hall combines reflexology with sound waves to create deeply restorative experiences for her clients. Her work weaves together touch, vibration and intuitive awareness, offering a unique approach to balanced wellbeing.

Christina serves as the Director for Western Australia and is the Vice Chair of the National Board, contributing thoughtful leadership and a strong vision for community engagement. She is an active member of the National Conference Working Party, helping shape high-quality professional events that inspire, educate and connect practitioners across the country.

Known for her creativity, dedication and warm presence, Christina advocates for a more integrated understanding of reflexology within the broader wellness landscape. She is committed to supporting practitioners in WA and nationally, encouraging connection, growth and high professional standards.

Her blend of practical leadership and creative therapeutic practice adds a dynamic and inspiring voice to the Board.

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Louise Dennison — CPT Director & Director for Queensland

Originally qualifying in South Africa, Louise Dennison brings an international depth of experience and a heartfelt passion for the healing potential of reflexology. Her career has spanned hands-on private practice, community education and professional training support, giving her a broad appreciation of the many ways reflexology can improve wellbeing across all ages.

Louise has served on the Association's Education Committee for several years, where she has been instrumental in shaping contemporary learning pathways for new practitioners. Her commitment to education is further reflected in her recent accomplishment — the publication of two children's reflexology books, written to introduce young readers to the benefits of calm, connection and natural wellbeing. These book have been warmly welcomed by both parents and practitioners, reflecting Louise's ability to communicate reflexology concepts with clarity and creativity.

Stepping into the role of CPT Director, Louise brings thoughtful leadership, a strong ethical foundation and a vision for high-quality, supportive professional development. As Queensland Director, she continues to champion practitioner connection, regional support and greater public awareness of reflexology. Her work reflects her belief that nurturing the next generation of reflexologists strengthens the entire profession.

CPT points system

The CPT working party collective

Most massage and reflexology associations — both nationally (in Australia) and internationally — require CPT or continuing education points, in part because we wish to be taken seriously in our field . A CPT points system demonstrates that RAoA wishes to be taken seriously in our field as a health/therapeutic profession, not just a leisure service. The CPT points system provides a structured, auditable way to ensure that therapists remain competent, ethical and up to date. This practice also protects clients, supports credibility and helps the profession maintain high standards. The common rationales for a point-based CPT or continuing education requirement include:

- **Quality assurance and public safety**—ensuring therapists do not stagnate; that their techniques and knowledge (anatomy, contraindications, ethics, hygiene, professional boundaries) remain up to date.
- **Professional credibility and recognition**—helps massage and reflexology be viewed (by the public, insurers and other health professionals) as legitimate, regulated and ethical professions, offering a therapeutic service, rather than "informal" or "just spa services".
- **Client trust and confidence**—clients are more likely to trust therapists affiliated with associations requiring CPT, because they know the therapist commits to ongoing learning and standards. Requiring our members to participate in CPT also gives the public confidence that if a serious issue/event with one of our members were to arise, our association has professional standards that our members need to meet.
- **Adaptability in an evolving field**—as new research, new techniques, new modalities or regulatory guidelines emerge, CPT ensures practitioners can integrate these developments and maintain safe, effective practice.
- **Career development and specialisation**—CPT allows therapists to expand skills, offer specialised treatments and differentiate themselves in a competitive market.
- **Compliance with health fund and insurance requirements**—in some jurisdictions (like Australia), compliance with CPT may be necessary to remain "approved providers" under health funds, or hold indemnity insurance.

Thus, associations treat CPT not as an optional "extra" but as a core part of maintaining membership, status, professionalism—the point system provides a measurable, auditable way to maintain that standard for us all.

Why use the Reflexology Association of Australia merchandise for your business?

In the wellness industry, credibility is everything. Clients seek practitioners who not only demonstrate skill and professionalism, but also show that they are connected to reputable organisations within their field. For reflexologists in Australia, one of the strongest tools for building that trust is the Reflexology Association of Australia (RAoA)—and one of the most practical ways to showcase affiliation is through official RAoA merchandise.

Whether you operate a private practice, run a wellness centre, or offer mobile reflexology services, utilising RAoA-branded merchandise can give your business a powerful edge. Beyond simple branding, these items help reinforce professionalism, strengthen client loyalty, support industry standards and elevate the overall client experience.

Below are the key reasons why RAoA merchandise is a valuable investment for reflexology practitioners and business owners.

1. Instant professional credibility

Displaying RAoA merchandise—whether on uniforms, signage or informational materials—immediately signals to clients that you are part of a recognised professional body. In a field where qualifications and ethical standards matter, this visual cue goes a long way.

Clients who may not be familiar with reflexology as a modality often look for indicators that a practitioner is trustworthy. Seeing the RAoA logo on shirts, posters or brochures reassures them that you adhere to industry standards, undertake continuing education and abide by a code of ethics. This is particularly valuable in a competitive wellness landscape where clients can easily choose between multiple practitioners.

2. Strengthens your brand identity

One of the most effective marketing strategies is consistency. RAoA merchandise helps unify the visual presentation of your practice by incorporating recognised, professional branding into your day-to-day environment.

For example:

- RAoA-branded shirts give your staff a cohesive, professional look.
- Branded appointment cards or informational pamphlets reinforce your identity long after clients leave your treatment room.
- Posters or wall art from RAoA can enhance the ambience of your clinic while subtly communicating professional affiliation.

This level of visual consistency strengthens brand recognition, helping clients associate your services with professionalism and quality care.

3. Reinforces client trust and loyalty

When clients trust their practitioner, they are more likely to return for ongoing sessions, recommend your services to others and feel confident investing in wellness packages. RAoA merchandise helps reinforce that trust by acting as a constant reminder that you are aligned with a respected Australian reflexology body committed to ethical practice and high standards of training.

Even small details matter. A well-designed reflexology chart or a logo displayed at reception may seem subtle, but each element helps create a reassuring and trustworthy environment. Clients often appreciate knowing that their practitioner stays updated with current practices and belongs to a broader professional community.

4. Supports your marketing and promotion efforts

Marketing is essential for growing a reflexology business and RAoA merchandise provides easy and effective promotional tools. Items such as brochures, flyers or educational materials help communicate the benefits of reflexology while also emphasising your professional credentials.

These materials can be used to:

- Educate clients about reflexology points and techniques.
- Promote special offers or wellness packages.
- Boost your visibility at health expos, community events or corporate wellness sessions.
- Provide take-home information that strengthens long-term engagement.

By using RAoA materials, you tap into branding that clients recognise and trust, ultimately making your promotional efforts more impactful.

5. Aligns you with industry standards

The Reflexology Association of Australia plays an important role in maintaining the quality and integrity of reflexology practise across the country. By using RAoA merchandise, you demonstrate that you support and uphold those standards.

Clients appreciate practitioners who:

- Stay updated with ongoing training.
- Follow ethical guidelines.
- Engage in continuous professional development.
- Value evidence-based practice.

Displaying RAoA branding shows your commitment to maintaining high standards and promoting reflexology responsibly within the broader healthcare community.

6. Creates opportunities for conversation and education

Many clients are curious about reflexology but may not know how it works or what benefits it offers. RAoA merchandise—especially items like foot charts, educational posters or take-home brochures—creates natural opportunities to start conversations.

Continued on page 5

These visual aids help you:

- Explain techniques more effectively.
- Educate clients on how reflexology supports overall wellness.
- Encourage clients to ask questions and engage with their treatment.
- Offer visual reinforcement of what you teach during sessions.

Educational merchandise empowers clients to better understand their health journey while positioning you as a skilled, knowledgeable practitioner.

7. Demonstrates support for the reflexology profession

Using RAoA merchandise is also a way to show your support for the wider reflexology community. The Association plays a vital role in advocacy, education, member support and public awareness. By purchasing and displaying their merchandise, you contribute financially and symbolically to the continued growth of the profession.

This sense of community can also help you connect with other practitioners, encourage referrals and cultivate a sense of belonging within the field.

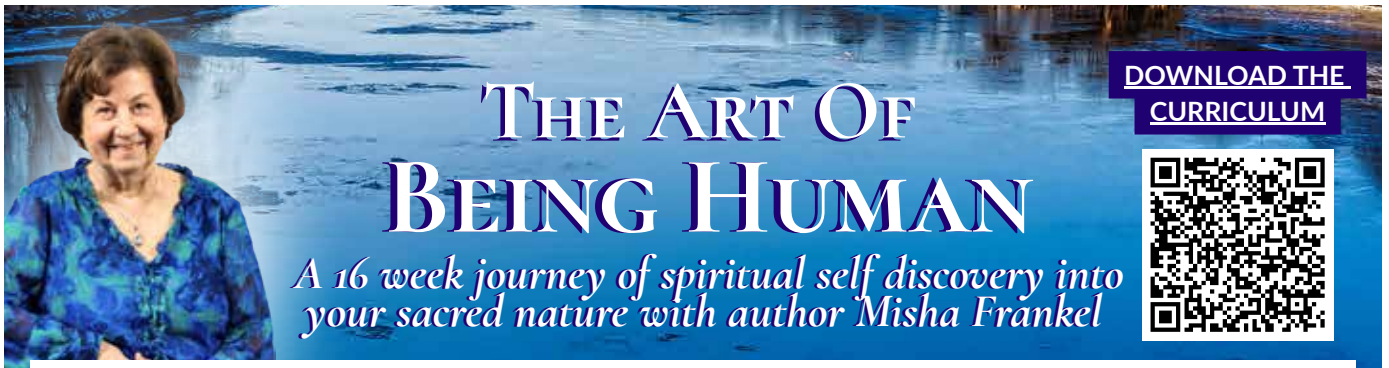
Final thoughts

For reflexology practitioners and business owners in Australia, RAoA merchandise is more than just branded material—it's a professional tool that communicates credibility, enhances client trust, strengthens your brand and supports the reflexology community as a whole. From improving your clinic environment to elevating your marketing efforts, these items play a meaningful role in growing and sustaining a successful reflexology practice.

Using Reflexology Association of Australia merchandise is an investment not only in your business image, but in the professionalism of the entire reflexology industry.

Reflexology Association Promotions Team

Please tell us how you use Association merchandise (to be printed in *FootPrints*, or post on FaceBook) and receive a free Association leaflet pack.



There are moments in life when something inside us begins to shift.
Not loudly, not dramatically, but with a quiet insistence that asks us to look more closely at our inner world.

Many of us have awakened to deeper layers of consciousness, glimpsed the purity of the spiritual heart, or felt the presence of a guiding intelligence shaping the inner world.

Yet awakening alone is not the destination.
It is the opening of a doorway.

The Art of Being Human is a journey into what happens *after* that doorway opens.

This is a movement into awareness, understanding, and wisdom, and the lived experience of being human in a new way from a new level of consciousness.

Through 4 layered modules we explore:

- the subtle openings of awareness
- the mechanics of consciousness and how perception shapes reality
- the freeing movement that occurs when the past loses its authority
- the sacred nature within life that gives us the will to choose differently
- the way truth is lived rather than learned
- the inner shifts that arise when the heart is active

We learn to see ourselves through a more realistic and expansive lens. This is not a program of promises or outcomes, it is a journey of inner development.

Next intake commences February 2026

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Reflexology evaluation of formalised, logically-embedded clinical templates (REFLECT) Study

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Abstract

Background:

Reflexology is a widely practised complementary therapy in Australia, yet there is limited uniformity in how reflexologists document client information and treatment outcomes. Inconsistent record-keeping may affect continuity of care, professional accountability, and the collection of reliable practice data. To support clinical quality and future research, there is a need to explore current documentation practices and assess the potential value of standardised clinical forms for reflexologists. This study/review aims to review existing documentation methods among Australian reflexologists and evaluate the feasibility, utilisation, and effectiveness of newly developed standardised clinical documents. These forms/data collection tools, should reflect reflexology practice at a cognitive, affective and psychomotor level.

Method:

A two-phase, mixed-methods design will be employed. Phase 1 will involve a retrospective review and national survey of practising reflexologists across Australia to identify how client information, treatment details and outcomes are currently recorded. Quantitative data will describe the frequency, structure and content of clinical notes, while qualitative feedback will explore practitioners' experiences and perceived challenges in documentation. Phase 2 will pilot a standardised suite of reflexology documentation tools—covering health history, presenting issues, treatment records and outcomes evaluation—among a sample of volunteer practitioners. Usability, acceptability and perceived impact on clinical practice will be assessed through follow-up surveys and focus group discussions.

Discussion:

It is anticipated that the study will reveal significant variations in current documentation methods and highlight gaps that may be addressed through standardisation. The introduction of structured tools could improve clinical consistency, communication and outcome tracking, while also providing a foundation for evidence-informed reflexology practice, future research and education at a cognitive, affective and psychomotor level.

Conclusion:

This national review and pilot evaluation will provide essential baseline data on reflexology record-keeping in Australia. The findings will inform recommendations for the development, implementation and evaluation of standardised clinical documentation tools aimed at enhancing professional practice, client safety, and the credibility of reflexology within the broader health landscape.

Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.

Lao Tzu

FootPrints Quiz January 2026

For your pleasure and enjoyment, please find the *FootPrints* Quiz below.

No, this is not a mistake—we believe everyone should have access to this valuable CPT tool, giving you the opportunity to start early and complete it at your leisure.

Will you complete the quiz on your own, or as part of a Branch event?

Up to 5 easy CPT points are available.

If you wish to gain these points, please visit the website merchandise shop and purchase the quiz. This will automatically trigger an email to the CPT Team, letting us know you have entered.

Once completed, please email your answers to the CPT email address to receive your CPT points.

End date: *31 May 2026*, allowing plenty of time for smooth participation.

Enjoy the quiz and happy learning!

User name: .....

Question 1

What are the five ways reflexology supports mental health? (Oct 2025)

A) Improves appetite, improves sleep, stress reduction, mood regulation, pain management
B) Stress Reduction, improves sleep, mood regulation, pain management, mindfulness & connection
C) Improves sleep, pain management, mindfulness & connection, increases fitness, mood regulation
D) Regulates breathing, pain management, increases fitness, mood regulation, stress reduction.

Question 2

What specialised therapeutic technique is designed to address dysfunctions of the lower limbs and foot? (Oct 2025)

A) Trigger point therapy
B) Ice bath therapy
C) Foot Mobilization Technique (FMT)
D) Alexander Technique

Question 3

One of the benefits of yoga for mental health is to build resilience and inner strength (Oct 2025)

True or False

Question 4

What substance and property do the blister beetle contain which is now being made in laboratories to help thin the blood of stroke victims? (Jan 2025)

A) Cantharidin – vasodilator
B) Pheremones – communication
C) Formic Acid – defense
D) Melittin – venom

Question 5

Which powerful healing crystal can be used to amplify a reflexology treatment? (Jan 2025)

A) Rose Quartz
B) Hematite
C) Clear Quartz
D) Amethyst

Question 6

Who are the two Reflexology Association of Australia Life Members from Tasmania? (Jan 2025)

A) Sue Ehinger and Heather Edwards
B) Emma Gierschick and Dee Leamon
C) Pamela Skeggs and Lynda Kidd
D) Joyce Lockett and Lynn Hatswell

Question 7

What are the risk factors for having a stroke? (Oct 2025)

A) High blood pressure and smoking
B) High blood cholesterol and being overweight
C) High blood sugar levels and a stress-related lifestyle
D) The Contraceptive pill
E) All of the above

Question 8

According to the *FootPrints* article, "Yoga for Mental Health: A pathway to inner balance" – If beginning to practice yoga and starting small, how much time is suggested to practice the breath for? (Oct 2025)

A) 3 mins
B) 5 mins
C) 10 mins
D) 15 mins
E) Don't practice breathwork as a beginner, wait until you are more experienced.

Question 9

In what city was the 2025 NZ Reflexology Conference? (April 2025)

A) Invercargill
B) Dunedin
C) Christchurch
D) Wellington
E) Auckland

Question 10

On the CPT Education Calendar of Events, on 23 November, who is Andy Bryant? (Oct 2025)

A) The Barefoot Podiatrist
B) The Barefoot Investor
C) The Emmett Technique presenter
D) Speaker on Reflexology Techniques for hormonal issues
E) Speaker on Making Reflexology Mainstream, the Greek Model

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Question 11
What could be placed gently over your clients eyes as a more hygienic option to an eye pillow (July 2025)
A) An eye mask
B) 3D glasses
C) The clients hands
D) Cold stones

Question 12
Who is one of the internationally recognized pioneers in the Reflexology field and the author of the autobiography "Unterm Dach der Füße" ("Beneath the Roof of the Feet")? (July 2025)
A) Eunice Ingham
B) Hanne Marquardt
C) Dorthe Krogsgaard
D) Peter Lund Frandsen

Question 13
NSW Branch recently celebrated how many years since the inaugural Branch Committee Meeting? (July 2025)
A) 20
B) 25
C) 30
D) 35

Question 14
Psoriasis is (July 2025)
A) A country in Europe
B) A common skin disease
C) A blood disorder
D) A disease of the liver caused by alcohol

Question 15
Ayurvedic Kansa Vatki Foot Massage™ commonly uses which instrument during a treatment (July 2025)
A) Small bronze bowl
B) Thai reflexology stick
C) Hot stones
D) Crystals

Question 16
What fundraiser did the WA branch of the RAoA volunteer at in Oct 2024 (January 2025)
A) Save the Bears
B) Telethon
C) Broken Crayons Still Colour
D) Share the Dignity

Question 17
Which health policy review is referenced in the Chairpersons report? (April 2025)
A) Aged Care review
B) Natural Therapies review
C) Free Education for All review
D) Public Holiday review

Question 18
Jane Sheehan is a leading expert in which field of Reflexology (January 2025)
A) Maternity Reflexology
B) Chinese Reflexology
C) Foot Reading
D) Reflexology for Infertility

Question 19
What was the tone of the National Conference according to the recap? (January 2025)
A) Friendship, inspiration and learning
B) Collaboration, inspiration and a feeling of connectedness
C) Fun, laughter and learning
D) Collaboration, laughter and friendship

Question 20
Nutrition provides the essential building blocks needed for – (April 2025)
A) Energy
B) Cell repair
C) Immune function
D) Maintaining healthy bodily systems
E) All of the above

Maximum CPT points for *FootPrints* Quiz up to 5 points under Silver Category. There are 20 questions so the point allocation for each question is 0.25.

This quiz was prepared by Louise Dennison as Chair of the CPT working party: Keri Wood, Jill Jones, Vera Emmi, Sara Higgins and Miho Suzuki.

Change will not come if we wait for some other person or some other time.
We are the ones we've been waiting for. We are the change that we seek.
Barack Obama

Ayurveda and reflexology: How these ancient modalities work together in modern wellness

By Carolyn Fletcher

Ayurveda and reflexology are two respected healing systems that have stood the test of time, each originating in ancient cultures yet remaining highly relevant in today's holistic health landscape. While Ayurveda emerged thousands of years ago in India and reflexology developed from ancient Chinese and Egyptian ideas of foot therapy, both share a common foundation: the belief that the body is a connected, intelligent system where energy, balance, and internal harmony determine our level of wellness. When integrated thoughtfully, Ayurveda and reflexology can complement each other to create a deeper, more personalised treatment experience for clients seeking natural, non-invasive therapeutic options.

Ayurveda, which translates to "the science of life", is built on the concept that health depends on maintaining harmony between body, mind, and environment. It views the body through the lens of three biological energies known as **doshas**—Vata, Pitta, and Kapha. Each dosha governs specific mental and physical functions, and imbalances among them are believed to lead to discomfort, illness, and reduced vitality. Reflexology, on the other hand, approaches the body through a map of reflex points located primarily on the feet, hands, and ears. By applying targeted pressure to these zones, practitioners aim to influence corresponding organs, systems, and pathways, helping the body return to balance and encouraging natural healing responses.

Despite developing in different regions and historical contexts, Ayurveda and reflexology converge around the principle of energy flow. In Ayurveda, life force energy is known as *prana*, and it travels through a network of subtle channels called *nadis*. Reflexology acknowledges similar pathways by stimulating reflex points that clear blockages and support circulation, nerve function, and general vitality. When reflexology techniques are paired with Ayurvedic knowledge of pranic flow, treatments can be tailored even more precisely to a client's energetic and physical needs.

A major area where these two systems align is the concept of personalisation. Ayurveda places great emphasis on treating individuals rather than symptoms. By first identifying a client's dominant dosha and any current imbalance, practitioners can select specific reflex points, oils, and treatment rhythms that complement the Ayurvedic assessment. For example, individuals with a **Vata imbalance**—often characterised by anxiety, restlessness, dryness, and sleep disturbances—benefit from reflexology techniques that are warm, grounding, and slow. Using warming oils such as sesame or ashwagandha-infused blends during reflexology enhances relaxation and helps stabilise Vata energy.

Clients experiencing **Pitta imbalance**, which may manifest as irritability, inflammation, headaches, or feeling overheated, respond best to gentle reflexology techniques with a cooling and calming effect. Coconut or brahmi oil can be ideal additions to the session, helping soothe the nervous system while reducing internal "heat." For **Kapha imbalance**, associated with sluggishness, fluid retention, congestion, and low motivation, more vigorous reflexology strokes using warming oils like mustard or eucalyptus can help stimulate circulation and restore a sense of lightness and energy.

Ayurvedic herbal oils are among the most effective tools for linking these two modalities. Ayurvedic practitioners have long used herbalised oils to influence both physical tissues and mental states. When incorporated into foot reflexology, these oils strengthen the therapeutic action by working on the skin, connective tissues, and subtle body. Oils such as **ashwagandha** help reduce stress and support adrenal function; **brahmi** is celebrated for calming the mind and improving sleep quality; **neem** supports skin health and the immune system; and **triphala-infused oils** can assist with digestion and detoxification. Reflexology enhances the absorption of these oils through stimulation of the feet's numerous nerve endings and energy points.

The synergy between Ayurveda and reflexology also becomes clear when examining their shared focus on crucial body systems. Ayurveda places particular emphasis on **Agni** (digestive fire), **Prana** (breath and life force), **Ojas** (immunity and vitality), and **Srotas** (body channels that transport nutrients, waste, and energy). Reflexology offers a direct route to support these systems through targeted zones such as the digestive reflexes, diaphragm and lung reflexes, lymphatic points, and kidney/adrenal reflexes. When approached through an Ayurvedic lens, working these points becomes a purposeful strategy to enhance digestion, support respiration, clear toxins, strengthen immunity, and reduce stress.

In today's modern wellness practices, integrating Ayurveda with reflexology is becoming increasingly common as practitioners shift toward more comprehensive, client-centred care. A typical combined session might begin with a brief Ayurvedic assessment to determine the client's dosha and identify which doshas are currently out of balance. Based on this, the practitioner can determine the style of reflexology techniques, pressure intensity, oil selection, and pacing. A Vata-imbalanced client may receive a slow, nurturing treatment with warm oil, whereas a Kapha-dominant client may benefit from more energising work.

Beyond the session itself, one of Ayurveda's greatest strengths lies in its holistic lifestyle recommendations. Reflexology may jump-start the body's healing processes, but long-term change often comes from daily routines, dietary guidance, breathing practices, and restorative

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rituals. Offering simple Ayurvedic suggestions—such as warm, grounding meals for Vata, cooling hydration for Pitta, or invigorating movement for Kapha—helps reinforce the benefits of reflexology and can lead to deeper, more sustainable improvements in wellbeing.

Clients increasingly seek therapies that address stress, sleep problems, burnout, digestive issues, hormonal changes, and chronic tension—areas where Ayurveda and reflexology work exceptionally well together. By combining the structural clarity of reflex point therapy with the energetic and constitutional understanding of Ayurveda, practitioners can deliver treatments that are both deeply relaxing and therapeutically meaningful.

As with all natural therapies, safety and professional boundaries are essential. Strong herbal oils should be used cautiously with sensitive clients or those with allergies, and pregnant clients should receive only appropriate oils and adapted reflexology protocols. While these modalities offer significant benefits, they are not replacements for medical diagnosis or treatment and should be used as complementary wellness practices.

When practiced together, Ayurveda and reflexology form a powerful partnership—a meeting of ancient wisdom and modern therapeutic practice. Their shared focus on energy, balance, and individualised care creates a holistic pathway for promoting wellbeing that is as relevant today as it was thousands of years ago.

South Australia Branch—Wallaroo Event November 2025

South Australian Branch reflexology members met in Wallaroo on Saturday 22 November for the last meeting of the year 2025. Chair for the day was Amanda Wilson and Minute taker, Pamela Nish. Members travelled from Adelaide, Gawler, Stansbury, Parham and Streaky Bay. Several arrived on Friday and left on the Sunday to make a holiday of the time together. Plenty of time for cuppas and networking.

The Branch meeting was early Saturday morning, followed by James sharing his knowledge of fascia and its relationship with the body's anatomy and physiology. We were fortunate to have **James Flaxman talking to us about fascia and reflexology—beyond the basics**. Yes, writing this again as the way James delivered his presentation was brilliant! Easy to follow, we could understand where he was coming from. At one point of the presentation, two members looked at each other saying aloud together "BIG BANG!" … before James had time to finish off saying it himself. During the lunch break we had the opportunity to dip our feet in the sea. The afternoon went too quickly with an Educational Practical Exchange on the topic of fascia.

Wallaroo Holiday Park was supportive of the group and offered the Camp Kitchen for our event. Villa 4 was plenty large enough to cater for our needs with a balcony looking out over the beach and sea. We gathered in Kadina for an informal dinner on Saturday night. Sunday offered a very long walk on the beach early morning. Followed by brunch before the drive home.

Amanda Wilson, Susan Ramsey and Anita Smith

James Flaxman

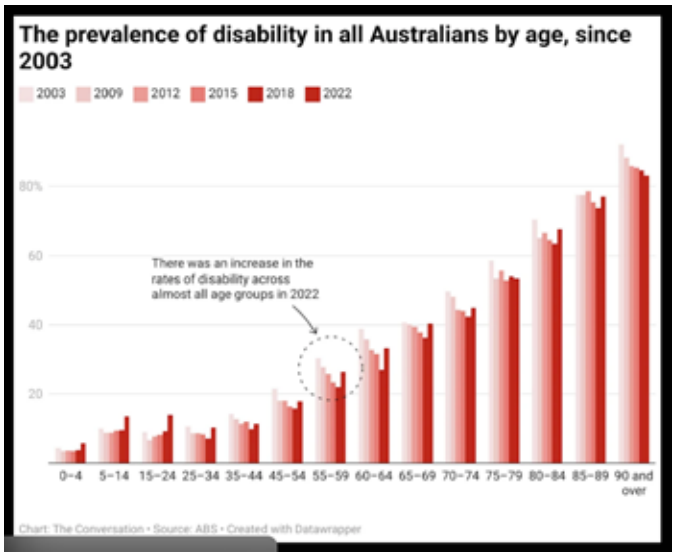
Funding reflexology research to support a sustainable Australian healthcare system

By Leon Botes

Australia's healthcare system is experiencing sustained and unprecedented pressure due to demographic change, increasing chronic disease, workforce shortages and rising costs. As of 2022, more than one in six Australians were aged 65 years or older—a proportion that continues to increase and contributes significantly to health and aged care demand[1–3]. Population ageing is projected to further drive health expenditure in coming decades, placing additional strain on hospitals, primary care and residential care services[1–3]. In response, targeted investment in complementary and integrative approaches—such as reflexology—deserves serious consideration to identify whether these therapies can safely and effectively support symptom management and wellbeing, and ultimately reduce service use. However, high-quality research is urgently needed to clarify its clinical and economic value before reflexology can be integrated into mainstream healthcare.

Although reflexology is widely used by patients seeking non-pharmacological support, much of the existing literature is limited by small sample sizes, variable methodologies and inconsistent outcome measures. Evidence evaluations, including those conducted within Australia, have highlighted these limitations, concluding that more rigorous trials are required before reflexology can be confidently recommended in clinical guidelines[4]. Preliminary studies suggest potential benefit for common symptoms—including pain, anxiety, sleep disturbance and constipation—all of which significantly drive service utilisation in primary care and aged care settings[2-5]. If validated through robust research, reflexology could offer a low-risk adjunct to mainstream management of chronic disease and age-related symptom burden.

Older adults constitute one of the fastest-growing groups of health service users. In Australia, people over 65 consume a disproportionate amount of hospital, general practice and pharmaceutical resources and the number of older people requiring home care and residential care is projected to grow sharply in the coming decades[1–3]. Introducing effective complementary interventions that improve wellbeing and reduce the need for frequent medical visits could have meaningful system-level benefits. Early trials in aged-care and community settings show promising effects of reflexology on sleep quality, anxiety and general wellbeing in older adults, but heterogeneity in study design limits conclusions[5]. Standardising treatment protocols, outcome measures (including patient-reported outcomes), and follow-up intervals across studies would strengthen the evidence base and allow clearer interpretation of clinical impact.



From a health economics perspective, reflexology could be a low-cost intervention with the potential for high return on investment if it reduces reliance on medications, unscheduled GP visits, or hospital presentations. Some studies have reported decreased healthcare utilisation and improved productivity following reflexology, though these findings require replication through rigorous cost-utility and cost-benefit analyses[6]. Embedding economic evaluation into all future trials is essential to determine whether reflexology provides quantifiable value for the health system.

A coordinated national research strategy should prioritise:

1. Large, adequately powered randomised controlled trials with appropriate blinding and control conditions.
2. Pragmatic trials in real-world settings such as primary care clinics, aged-care facilities and community health services.
3. Mechanistic studies examining physiological, neurological and psychosocial pathways of action.
4. Implementation science to determine workforce requirements, safety considerations, training standards and scalability.

Continued on page 13

Hormone replacement therapy

Hormone Replacement Therapy (HRT) is widely used to manage symptoms associated with menopause, perimenopause, and certain hormonal deficiencies. As the number of clients receiving HRT increases, reflexologists are increasingly encountering women whose hormonal landscape is influenced both by their natural endocrine fluctuations and by medically administered hormones. Understanding how HRT interacts with reflexology is essential for providing personalised, safe, and effective treatments while remaining within reflexology's non-medical, complementary framework.

HRT works by supplementing hormones—most commonly oestrogen, progesterone, and sometimes testosterone—to reduce symptoms such as hot flushes, mood swings, sleep disturbances, vaginal dryness, anxiety, and cognitive changes. These hormones have systemic effects on the endocrine, nervous, circulatory, and musculoskeletal systems. Reflexology, meanwhile, supports the body by stimulating reflex points associated with organs, glands, and systems, encouraging relaxation, balance, and improved circulation. When integrated consciously, reflexology sessions can be adapted to reflect how HRT is influencing a client's physiology, comfort levels, and stress response.

1. Hormonal stability and treatment outcomes

Clients using HRT often experience more stable hormonal levels than those who are not receiving treatment. This stability can influence reflexology in several ways. First, clients may present with fewer acute menopausal symptoms, enabling reflexologists to shift the focus from symptom management toward deeper relaxation, nervous system support, and general wellbeing. For example, women whose hot flushes have been well-controlled through HRT may no longer need the heavy emphasis on cooling and endocrine-focused reflex points that a non-HRT client might require.

However, hormonal stability does not mean hormonal uniformity. Some women on HRT still experience fluctuations, breakthrough symptoms, or side effects. Reflexologists must therefore tailor treatments based not solely on the fact that a client uses HRT, but on her current presentation, emotional state, and stated concerns. Reflexology's holistic approach is well suited to complementing HRT in this personalised way.

2. Circulation and fluid retention

Oestrogen therapy—especially oral oestrogen—can influence fluid regulation and circulation. Some women on HRT experience mild water retention, breast tenderness, or swelling around the ankles and fingers. Reflexology, with its emphasis on the lymphatic and circulatory reflex points, can be particularly helpful in supporting comfort and easing sensations of heaviness in the legs and feet.

The use of lymphatic reflexology sequences may support clients who feel puffy or swollen due to hormonal shifts. Likewise, gentle stimulation of kidney and adrenal reflex points may support a general sense of balance and wellbeing without interfering with the body's medically regulated hormonal processes. As always, reflexologists do not diagnose or claim to alter hormones; instead, they support circulation, relaxation, and the body's natural ability to regulate fluid.

3. Mood, sleep, and the nervous system

HRT often improves mood, cognition, and sleep quality for many women by stabilising hormone levels that influence neurotransmitters such as serotonin and GABA. When a client is better rested and less anxious, she may respond to reflexology in a more receptive and restorative way. Reflexology can deepen the relaxation response already supported by HRT, creating a beneficial loop in which stress is reduced, sleep improves further, and clients are better able to cope with life's demands.

However, some women on HRT experience temporary mood fluctuations during dosage adjustments. Reflexologists may notice increased tension in the diaphragm reflex, more sensitivity in adrenal reflex points, or strong emotional responses during treatment. These reactions are normal and should be managed with gentle grounding techniques, reassuring communication, and supportive but non-medical guidance.

4. Sensitivity and tenderness

Some HRT users experience heightened breast or abdominal sensitivity, especially during the first few months of therapy. Reflexology may reveal tenderness in corresponding reflex points such as the breast, pelvic, or reproductive reflexes. Reflexologists should work gently, always adjusting pressure to the client's comfort and avoiding assumptions about which reflex points need attention. Sensitivity is often temporary and may decrease as the body acclimates to new hormone levels.

5. Heat regulation and treatment comfort

Women on HRT often experience improved thermoregulation, but some still have residual hot flushes or night sweats, especially if on lower-dose therapy or during dosage transitions. Reflexologists should ensure treatment rooms are adjustable in temperature and that blankets, cooling cloths, or hydration options are available. Techniques that emphasise calming of the endocrine reflexes, diaphragm relaxation, and parasympathetic activation can help reduce the intensity of remaining flushes.

6. The mind–body connection

Reflexology complements HRT by offering a safe space for emotional processing. Menopause—whether natural, surgical, or premature—often brings psychological shifts in identity, purpose, and body image. HRT may reduce physical

Continued on page 13

Hormone replacement therapy ...
Continued from page 12

discomfort but does not eliminate the emotional transitions associated with this stage of life. Reflexology sessions can provide grounding, nurturing, and emotional release, supporting clients holistically alongside their medical care.

7. Safety considerations and professional boundaries

Reflexologists must stay within their professional boundaries when working with clients on HRT. They can ask about a client's general health, wellbeing, and comfort but must not recommend, alter, or comment on medication choices. Instead, reflexologists should focus on client experience: changes in energy, sleep, mood, or tension patterns.

If a client expresses concerns about side effects, it is appropriate to suggest she consult her GP or prescribing specialist. Reflexology can support the client during this process without interfering with medical treatment.

Conclusion

HRT and reflexology work well together because they address different dimensions of wellbeing. HRT targets hormonal and physiological changes, while reflexology supports the nervous system, circulation, emotional health, and the body's overall sense of balance. Reflexologists who understand the basic effects of HRT can adapt their treatments more thoughtfully, creating a nurturing experience tailored to each woman's unique journey through hormonal change.

References (General Sources)

These are non-medical, educational references commonly used in reflexology and women's health literature.

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Replicated from ASRR perimenopause and menopause course manual written by ASRR teaching team

Funding reflexology research ...
Continued from page 11

5. Integrated health-economic evaluations capable of informing policy, reimbursement and service delivery models.

Such a program would require collaboration between universities, health services, aged-care providers and **accredited** reflexologists to ensure clinical relevance and methodological integrity. Importantly, high-quality evidence would allow reflexology to be considered for safe, structured integration into interdisciplinary care—rather than being used inconsistently or without guidance, as is currently the case.

Funding reflexology research also aligns with contemporary models of patient-centred and holistic care. Many Australians, especially older adults, increasingly seek non-pharmacological strategies to manage chronic symptoms and improve quality of life. Without a robust evidence base, patients may rely on unregulated or inconsistent interpretations of reflexology, potentially missing opportunities for safe and effective integrative care. Investing in rigorous research is therefore not only scientifically necessary but ethically responsible.

In summary, reflexology is a promising, low-risk complementary therapy that warrants systematic investigation. Given the escalating burden on Australia's healthcare system, modest investment in high-quality reflexology research may identify cost-effective, scalable strategies to improve wellbeing and reduce service demand, particularly among older adults. Strategic, evidence-driven funding will ensure that any future integration of reflexology into healthcare is guided by science, safety and value — rather than assumption or popularity.

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WA RAoA members connect at networking breakfast and educational exhibition

By Yolanda Baty

Members of the WA branch of the Reflexology Association of Australia (RAoA) from both north and south of the river recently came together in Perth for a collaborative networking breakfast. The morning provided a valuable opportunity for practitioners to connect, share insights and strengthen professional relationships within the local reflexology community.

Discussions focused on the current climate of members' businesses, including what strategies were proving most effective, challenges being experienced and practical ways to improve and sustain client bases. Members also engaged in forward-focused conversations regarding the future direction of the RAoA and how potential developments may impact them both professionally and as Association members.

A broad range of general clinical topics were explored, including the techniques currently being used to enhance reflexology practice and client outcomes. The diversity of experience within the group fostered rich discussion, allowing members to learn directly from one another and gain fresh perspectives to bring back into their practices.

Following the breakfast, members booked tickets to attend the Bodyworks Exhibition, currently being held in Perth until March 2026. The exhibition features real human bodies that were ethically donated in Germany and meticulously preserved, with the skin removed using precision techniques to reveal the intricate internal structures of the human body.

The exhibition offered an extraordinary visual exploration of human anatomy, showcasing the muscular system, central nervous system and other vital structures in remarkable detail. Attendees described the experience as breathtaking and deeply moving, providing a powerful reminder of the complexity and resilience of the human body. For many practitioners, the exhibition reinforced their appreciation of the work they do and the incredible systems they support through reflexology.

This gathering highlighted the ongoing value of professional connection, continuing education and shared learning within the WA RAoA community. Events such as these continue to strengthen the Association, enrich clinical practice and support members in delivering the highest standard of care to their clients.

Bodyworks Exhibition

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21 February		Tasmanian Branch	Contact: smblain@outlook.com
22 February		Social Vic Branch gathering	Fairfield Boathouse for brunch, walk and boating—details TBC
23 February		SA Branch Meeting	Zoom—07:00pm Adelaide time.
8 March		W.A. Study Day hosted by South West Coffee Club.	Contact: Christina 0409 374 846
18 March	Guest speaker TBC	Educational Zoom meeting 7 pm – 9 pm	Contact: Monique Poppelaars 0416 124 584
19 April		Earth Day WA	Contact: Christina 0409 374 846 or Keri 0411 857 058
3 May	Presenters TBC	Vic ABM	Habitat Uniting Church, 2 Minona Street Hawthorn Contact: Monique Poppelaars 0416 124 584
17 May	James Flaxman Joy Nish	SA ABM Grief and Loss – treating people with grief	Mitcham Community Centre Old School Hall, Room 1
23 May		ABM Tas	Contact: smblain@outlook.com
24 May		WA ABM and Study Day	Contact: Christina 0409 374 846
31 May		NSW/ACT ABM	Contact: Angela Clarke via WhatsApp +44 7886 530 449
6 June	TBC	Queensland ABM and a presentation	Contact: jewell.touch@gmail.com
16 August		Tasmania	smblain@outlook.com
13 September		World Reflexology Week	Adelaide Botanical Park—area TBC
18 September		World NSW Reflexology event	Contact: Angela Clarke via WhatsApp +44 7886 530 449
15 November		Tasmania	Contact: smblain@outlook.com
21 November		SA Branch Meeting and EPE Practitioners' self-care and health	Whyalla
Recorded Webinar	RAoA recorded webinar with David Wayte	"Hand Reflexology Masterclass"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with David Wayte	"Palliative Reflexology"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with Ian White	"Enhancing your practice and your patient's experience with the Australian Bush Flower Essences"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with Ruth Hull	"Understanding the role of blood sugar imbalances in health and disease"	Available via the RAoA website

Welcome new members

September – November 2025

First name	Surname	Suburb	State	
Markeeta	Shepherd	Canning Vale	WA	PM

WA World Reflexology Day

By Bernie Sermon

We were welcomed to the beautiful grounds of the Hovea Ashram in the Perth hills by teacher in residence, Manita Beskow. The purpose of the Ashram is to "provide a spiritual and physical environment in which people from all walks of life can engage in the diverse possibilities for peace".

What better environment to share food, conversation and a reflexology exchange. Our almost perfect day was made perfect with the sound meditation (gong, bowls and rain stick) which Christina treated us to before we headed off in many different directions to the places we call home.

Gail, Tracey, Deb, Louise, Christina, Jackie, Sharon and Bernie

Bernie, Manita and Christina with banner

Message from the Ashram's founder, Dr de la Ferriere

Manita leading us on a walk through the bee-filled, scented gardens to the peace labyrinth and stone circle

The fabulous Victorian Branch

Back row: *Nola Granger, Shona Gregan, Jodie Stewart, then Leisa Blakeley Desanka Vukelich, Yolande Perreau, Nonie Crozier, Catharine Brown, Lynne Owens, Lyn Fava*
Middle row: *Shirley Allan, Brenda Seville, Samantha Langridge, Maureen Wilson*
Front row: *Monique Poppelaars, Carol McBain, Dee Leamon, Kerry-Anne Armstrong, Ruairi O'Duil, Kate Maddigan, Etsuko Constable, Mafalda Bojanic, Lyndal McLean*

Dee Leamon along with Ruairi O'Duil and Leanne Connally

Branch News

Western Australia

Left to right: Christina Ellis Hall, Carne Bishop, Sharon Leigh, Therese Lord, Carol Flint, Jenny Jones and Lisa De Pledge.

At this Christmas catch up Carol Flint spoke about psoriasis with new and added information.

Thank you to all who volunteered at Telethon 2025 especially coordinators Lisa De Pledge and Jackie Smartt this is such a big opportunity to allow people from all over Australia to experience reflexology. Well done to those who are volunteering at Solaris Cancer Care. Please contact me if you are interested in doing this. Small meet ups of members for WRW and Coffee Clubs builds support for each other.

Save the dates for our WA Study Day on 8 March in Rockingham organised by our South West Coffee Club, 19 April in Wanneroo Earth Day and networking to finish the *FootPrints* quiz and 24 May at Manning Seniors WA ABM and Study Day.

Much gratitude to all the WA Committee and members for their help and support. Please contact me with WA inquiries and wishing everyone all the best for 2026.

Christina Ellis-Hall

Queensland/Northern Territory

We are saddened by the passing of Ray Edwards, husband of long-standing member and former RAoA President, Heather Edwards. A card and flowers were sent on behalf of us all.

Aminya College has graduated its final group of reflexology students and it has been sold to Demi International, which operates across Queensland. We will continue to monitor training availability for members Australia-wide.

We are pleased to welcome Louise Dennison as our new Director. Louise has been active in the Education Working Group, will lead the CPT portfolio and brings extensive experience from training in South Africa and working in the disability sector.

Our recent Zoom education session featured Keri Wood on Hormone Balancing. Keri will return in February to present on Autoimmunity and Reflexology and Louise will present at our ABM in June on supporting children with ADHD and Autism, along with her reflexology-based children's books. All sessions are via Zoom and open to members across Australia.

Before each presentation, we hold a short Branch business meeting, giving members an opportunity to raise questions, ideas, and feedback. Member input on the website, resources, and processes continues to guide improvements nationally.

In response to interest in face-to-face activities, members in several Queensland regions were surveyed. With nine members expressing interest, we will explore options for local gatherings.

Wishing all members across Australia a successful year ahead in 2026.

Suzanne Jewell

Tasmania

No report has been received for this issue.
If you are interested in volunteering to do reports for your branch, please contact your Branch Chair.

Victoria

Greetings from Victoria!

On 23 November we had our end of year Study Day and our members enjoyed this year's theme—History, heart and healing.

History – reminds us where we've come from and we honour the people who have walked this path before us.

Heart – is what each of us brings in our presence, our compassion, and the way we support each other and the community.

Healing – is the ripple effect of our work, touching lives in ways that are often deeper than we realise.

While reading recently about the early history of the Victorian Branch, we realised that we are 36 years old this year! The fact that we are here, standing on the shoulders of so many, is something we want to honour and reflect upon moving forward. The Vic Branch was formed on 7 April, 1989 and we would love to make this date an annual moment of reflection, connection and celebration—a day to look back on and to remember why we do what we do.

Our two guest speakers (Leanne Connally – the Emmett Technique, and Andy Bryant – the Barefoot Podiatrist, Melbourne Natural Podiatry) were engaging and inspiring. We enjoyed hearing from both Keri Wood (Director, Australian School of Reflexology and Relaxation) and Chamilka Jayawardana (Director, Aminya Natural Therapies Academy) via video, about their student numbers and current courses. The case studies by Jasmina Kotorac (The Australian School of Facial and Neuro Reflexology – Sorensensistem) were very interesting and their results exciting to hear about. Lyn Fava's outline of her Reclink Community Reflexology Pilot program is overwhelmingly positive, highlighting not only the physical benefits, but also the importance of touch, connection and community spirit.

Our reflection together as a group, on how we can look ahead and work together as a community, was encouraging and is ongoing.

All up, we enjoyed a fabulous day and are looking forward to more social events and opportunities to connect and grow together in the months ahead.

Monique Poppelaars

South Australia

In SA we held our final reflexology workshop and meeting for the year in Wallaroo, a beach side town on the York Peninsula. One of our colleagues, James Flaxman, gave a very informative talk about the fascia and reflexology. Fascia is all of the body and if we could treat it from a lense aspect and from a holistic viewpoint instead of in layers then we may be able to assist with improving quality of life. Fascia integrates all of the mechanics, neurological and chemical aspects of the body's functioning and when we are stressed or not in homeostasis this can overload the body and cause illness or disease. The take home message from the talk was, understanding fascia is how the body adapts and this adaption is the foundation of healing, and as fascia is the whole of the body, reflexology can play an important role.

We look forward to 2026 and ask all to save the following dates: 23 February, 7pm Zoom meeting; 17 May SA ABM; 13 September World Reflexology Week; and 21 November which will be a pool party at Anita's in Whyalla.

Amanda Wilson

New South Wales/ACT

Hello! I have been thinking how lucky we are to have so much talent and team spirit amongst our NSW membership—we can be very proud of all that we have achieved together in 2025.

Thank you to the Branch and General Committee 'Class of 25/26' who signed up and continually showed up in support of our three main events this year. Your efforts made these events possible and ensured that we could provide members with substantial CPT/CPD opportunities both on-line and F2F.

Special mention goes to The Journal Club founders, Irene Tasho and Leon Botes, for conceiving and implementing a hugely successful initiative to demystify academic journals and encourage members worldwide(!) to participate in reflexology case studies and research.

Looking ahead to next year, we already have our ABM planning well under way and are excited to invite other branch members to jump onto a one hour CPD Cranio-Sacral Reflexology Zoom presentation (details to follow).

All that remains is to wish you all a wonderful end to your year and a blissful and restorative break.

Angela Clark

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Please know that Directors can be contacted to clarify concerns

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IT security is only your first line of defence

When you suffer a cyber incident, Cyber insurance will not only cover your financial loss, but also give you access to experts who will help get your business back on track quickly.

Even the best IT defences can't stop:

- a staff member clicking a phishing link
- a vendor system being compromised
- a zero-day exploit bypassing your software
- human error leading to data leaks.

With **a cybercrime reported every six minutes in Australia**, it's only a matter of time before an incident like this happens to you[1].

Cyber insurance is your backup plan when things go wrong — not because of poor tech, but because business happens in the real world.

Our insurance partner, Gallagher, helps businesses like yours bridge the gap between prevention and protection — without inflating your IT costs.

Chat with a Gallagher Cyber expert today.

CONNECT WITH US

Take Our Free Cyber Risk Assessment

Assess your level of cyber exposure with our online cyber risk self-assessment.

Whether you're a solo operator, a growing team or an established enterprise, this short quiz will help you understand how vulnerable your business is.

[1] https://www.cyber.gov.au/about-us/view-all-content/reports-and-statistics/annual-cyber-threat-report-2024-2025

For any other insurance queries, please contact Gallagher on 1800 222 012 or selectbd@ajg.com.au.

Socials Promo – LinkedIn Carousel Post

Many SMEs believe a cyber-attack won't happen to them if they've invested in IT security. But Cybercriminals know small businesses are often connected to bigger supply chains. They target you as the easiest way in.

IT security is your first line of defence while cyber insurance is your backup plan providing expert help and financial protection that keeps you in business when prevention isn't enough.

☞ Contact our insurance partner, Gallagher, to learn more.

Reflexology
Association of Australia

VISION for Reflexology: Reflexology is to be recognised as a major component of an integrated health care system.

VISION for the Association: The Reflexology Association of Australia is a leader in integrated health care systems.

MISSION: Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

We will achieve our mission by:

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.

SAVE THE DATE

12–13 September 2026

RAoA bi-annual Conference

We are very excited to announce that WA will be hosting the 2026 bi-annual conference.

Please put these dates into your diaries as we look forward to welcoming our Australia-wide reflexology community.

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