

Quick Reference Table

Technique	Tool Type	Best Use Area	Ideal Purpose
<ul style="list-style-type: none">Glide	<ul style="list-style-type: none">Flat stone	<ul style="list-style-type: none">Whole foot, lower legs	<ul style="list-style-type: none">Soothing, warming, calming
<ul style="list-style-type: none">Flat Glide Press	<ul style="list-style-type: none">Flat stone (larger)	<ul style="list-style-type: none">Arches, calves, dorsum	<ul style="list-style-type: none">Nervous system reset, fascia release
<ul style="list-style-type: none">Circular Glide	<ul style="list-style-type: none">Rounded stone	<ul style="list-style-type: none">Reflex zones	<ul style="list-style-type: none">Soften overactive points, fascia balance
<ul style="list-style-type: none">Stone Press	<ul style="list-style-type: none">Small pointed stone	<ul style="list-style-type: none">Reflex points	<ul style="list-style-type: none">Deep point work, grounding
<ul style="list-style-type: none">Edge Press & Pull	<ul style="list-style-type: none">Edge stone	<ul style="list-style-type: none">Arch, fascia, heel	<ul style="list-style-type: none">Myofascial release, plantar tension
<ul style="list-style-type: none">Push-Pull Stroke	<ul style="list-style-type: none">2 stones	<ul style="list-style-type: none">Sides of feet/legs	<ul style="list-style-type: none">Circulation, energetic integration
<ul style="list-style-type: none">Stone Sculpting	<ul style="list-style-type: none">Beveled/curved stone	<ul style="list-style-type: none">Ankle, toes, joints	<ul style="list-style-type: none">Contour work, fascia tracing
<ul style="list-style-type: none">Tapping	<ul style="list-style-type: none">Small stone	<ul style="list-style-type: none">Sole, heel, foot center	<ul style="list-style-type: none">Circulation, light energy work
<ul style="list-style-type: none">Stone Twist	<ul style="list-style-type: none">2 stones	<ul style="list-style-type: none">Midfoot, arch	<ul style="list-style-type: none">Joint mobilization, fascia release
<ul style="list-style-type: none">Stone Vibration	<ul style="list-style-type: none">Small smooth stone	<ul style="list-style-type: none">Solar plexus, diaphragm	<ul style="list-style-type: none">Subtle emotional support, nervous system calm
<ul style="list-style-type: none">Lateral Squeeze & Sweep	<ul style="list-style-type: none">2 stones	<ul style="list-style-type: none">Arch, leg sides	<ul style="list-style-type: none">Lymphatic flow, energetic balance

Technique Guide: Hot Stone Reflexology Essentials

Use this guide to master all the key hot stone techniques for reflexology—whether you're building a full session or enhancing your current treatments.

Each technique includes:

- What it is
- How to do it
- Where to use it
- What it's best for
- Pro tips for flow and client comfort

1 Glide (Stone Effleurage)

Use: Opening stroke, warming up, calming rhythm

Tool: Medium flat stone

How: Glide the flat stone from heel to toes or ankle to knee with oil

Where: Whole foot, top of foot, calves

Best For: Soothing the nervous system, distributing heat

Pro Tip: Sync with breath or slow music for deep calming effect

2 Flat Glide Press

Use: Broad, relaxing glide with deeper pressure

Tool: Large flat stone

How: Use the entire flat surface to glide in slow, wide movements

Where: Arches, calves, dorsum of foot

Best For: Deep warming, calming fascia, supporting slow nervous system drop

Pro Tip: Use after reflex work to smooth and integrate

3 Circular Glide

Use: Mobilizing fascia over small, reactive areas

Tool: Small rounded stone

How: Glide in slow circles with light, steady contact

Where: Ball of foot, heel, sinus zone, arch

Best For: Releasing tension in tight reflex zones

Pro Tip: Clockwise to tone, counter-clockwise to calm

4 Stone Press (Static Hold)

Use: Point-specific reflex stimulation

Tool: Small pointed or rounded stone

How: Press gently into a reflex point and hold for 5–10 seconds

Where: Solar plexus, spine line, adrenal, heel

Best For: Deep reflex release, grounding

Pro Tip: Follow with a warm towel wrap or broad glide

5 Edge Press & Pull

Use: Myofascial stretch and arch release

Tool: Flat-edged stone

How: Press stone at 45°, then slowly pull along fascia lines

Where: Arch, heel, Achilles

Best For: Releasing tension in plantar fascia, tight feet

Pro Tip: Move slowly—focus on melting, not scraping

6 Push-Pull Alternating Stroke

Use: Energetic balancing and circulation boost

Tool: 2 stones (one per hand)

How: Gently push with one, pull with the other across foot or leg

Where: Sides of foot, calves, top of foot

Best For: Rhythmic integration, grounding, lymphatic flow

Pro Tip: Perfect mid-treatment reset or end-of-session anchor

7 Stone Sculpting (Contouring)

Use: Sculpting around joints and tendons

Tool: Curved or beveled edge stone

How: Trace stone along curves—ankle bones, toe joints, webbing

Where: Ankles, metatarsals, toes

Best For: Fascia release, precision work, proprioceptive input

Pro Tip: Combine with thumb walking or reflex point pressure

8 Tapping (Rhythmic Percussion)

Use: Light stimulation, energetic reset

Tool: Small flat or rounded stone

How: Tap gently on sole, heel, or top of foot in steady rhythm

Where: Sole of foot, heel, arch

Best For: Circulation, re-energizing, ending sleepy sessions

Pro Tip: Keep rhythm light and playful, like Thai reflex percussion

9 Stone Twist (Foot Wringing / Mobilization)

Use: Fascia stretch + joint mobilization

Tool: 2 small stones

How: Hold foot with stones on each side, twist gently in opposite directions

Where: Midfoot, arch, metatarsals

Best For: Releasing stiffness, opening the foot

Pro Tip: Do slowly and rhythmically, like a breath wave

10 Stone Vibration (Shimmer Technique)

Use: Nervous system soothing, subtle release

Tool: Small smooth stone

How: Place stone on reflex point, gently shimmer it with micro-taps

Where: Solar plexus, heel, diaphragm zone

Best For: Emotional integration, trauma-aware reflexology

Pro Tip: Use when energy feels fragile or after emotional release

11 Lateral Squeeze & Sweep

Use: Fluid balancing and energy flow

Tool: 2 stones

How: Place stones on opposite sides of foot/leg, squeeze inward, then glide upward

Where: Arch, ankle, calf

Best For: Lymphatic movement, restoring balance

Pro Tip: Time movement with breath or soft music beat

Integration Tips for Therapists:

- **Start broad → go specific → end grounding**
Example: Glide → Circular Glide → Stone Press → Push-Pull → Lateral Sweep
- **Alternate stone and hand techniques** to give variety and support flow
- **Listen to the client's energy.** Use Vibration or Sculpting in calm sessions; Tap or Twist when stimulation is needed
- **Stone temperature control** is key—always test before use and vary as needed for sensitivity