

Introduction to RABC and Reflexology





Presentation Outline

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What is Reflexology?

- **Reflexology** is a gentle and non-invasive technique using finger pressure to stimulate reflex areas.
- **Benefits** of reflexology include:
 - Reduced tension, pain, and stress.
 - Improved circulation.
 - Detoxification of waste.
 - Promotes self-healing and wellness.





Types of Reflexology



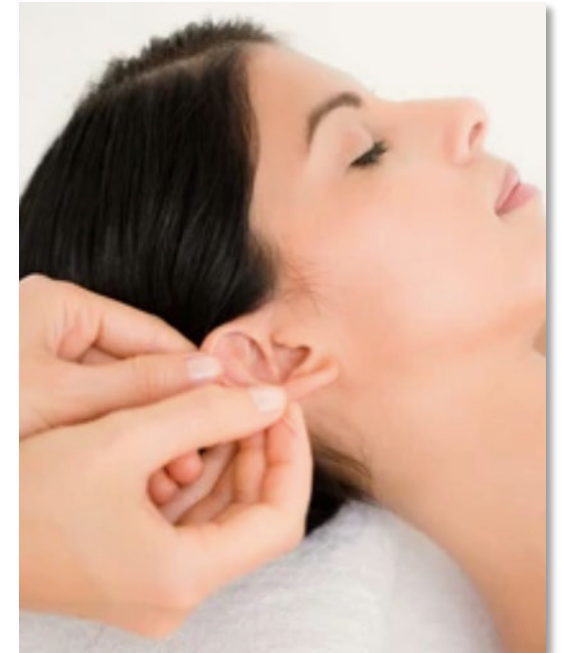
Feet



Hands



Face

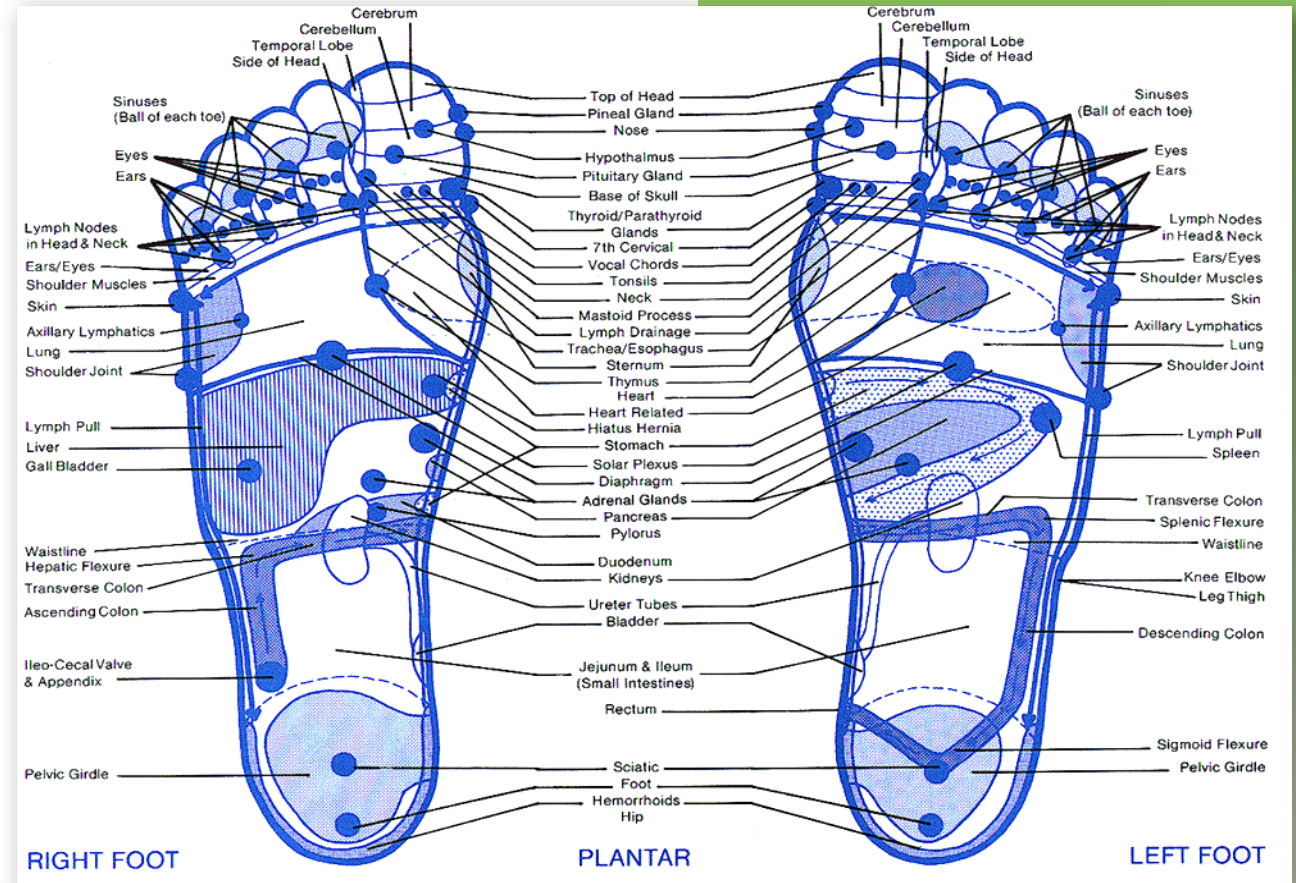


Ears



Reflex Areas

- Reflexology follows the principle that stimulation of reflex areas correspond with every organ, gland, muscle, and joint of the body.
- Application of pressure on reflex areas can improve body function.





Why Reflexology?



Gentle and Non-invasive

Treats the entire body in 1 session

Cost-effective

Clothing is not removed



What Does a Session Look Like?

- For your 1st session, it will begin with a consultation (health history, how reflexology works, desired outcome).
- You will sit or lay in a comfortable position on a massage table or chair.
- Gentle pressure is used on reflex areas.



Session: approx. 1 hour



Insurance Coverage

If your place of work has an Extended Health Plan that includes reflexology:



The dollar amount reimbursed to you is determined by your insurance plan



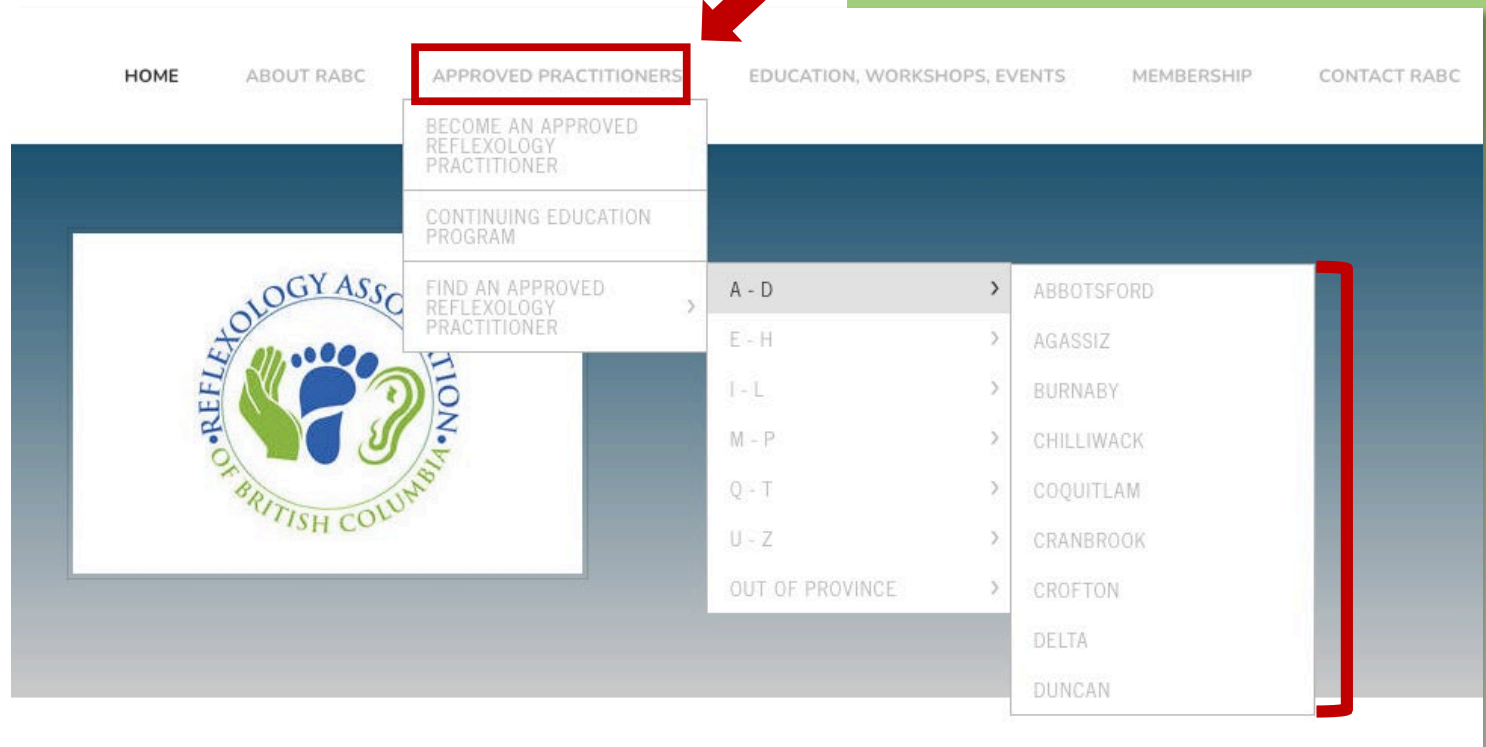
If reflexology is not listed, RABC offers a Template Request Letter to submit to your HR Manager/ Union Rep.



Insurance Coverage

! Only RABC Members who are **Approved Reflexology Practitioners** are recognized by Insurance Companies.

- RABC has a list, sorted by city, of the Approved Reflexology Practitioners on the RABC website.
- Gift Certificates are available by contacting the practitioner directly.





Who is RABC?

50+ years



We are a self-regulating, registered, non-profit society founded in 1966 and incorporated in 1970.

Purpose



To advance the understanding and knowledge of all forms and philosophies of Reflexology while providing a common voice to the Reflexology Community of B.C.

Public



We provide reflexology education to the public, as well as contact information for qualified Practitioners.

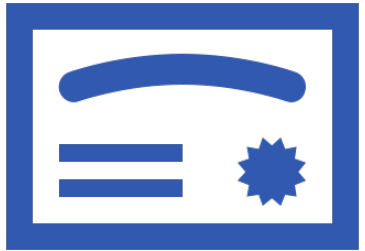
Members



We provide educational courses and workshops for members and a registry for practitioners and teachers.



Membership Types



**Approved
Reflexology
Practitioner**



**Reflexology
Teacher**



Associate



Student



**Honorary
Member**



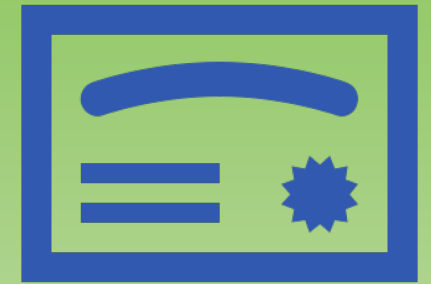
**Friends of
RABC**



Membership Benefits

For Approved Reflexology Practitioners and Reflexology Teachers:

- The right to use the "RABC Approved Reflexology Practitioner or Teacher" title.
- Clients can submit their session fee to their extended health care provider.
- Free website listing, access to logos, brochures, and marketing material.
- And more!





Membership Benefits



All Member Category Benefits:

- Access to continuing education courses.
- Ability to network and provide expertise to RABC.
- Opportunity to attend the Annual General Meeting and conferences.
- First-hand information on new developments in Reflexology.



Studying Reflexology

- Study for Home-Use or as a Professional.
 - RABC Reflexology Teacher members (listed on website) offer beginner and advanced courses.
- See Education tab on RABC website.

HOME ABOUT RABC APPROVED PRACTITIONERS EDUCATION, WORKSHOPS, EVENTS MEMBERSHIP CONTACT RABC

Reflexology Study and Teachers

A RABC Reflexology Teacher member is an individual who is a RABC Approved Reflexology Practitioner in good standing with the Association, whose course(s) are approved by RABC.

A RABC Reflexology Teacher has demonstrated to the Association that the content of their course(s) meets or exceeds what is covered in the RABC written and practical proficiency examination.

Continuing education is also provided by many RABC Reflexology Teachers to support Approved Practitioners to earn the Continuing Education Credits they require to maintain their Approved Reflexology Practitioner Status.

Reflexology Study - If you are interested in studying Reflexology with a view to become a recognized professional reflexology practitioner, a RABC Approved Reflexology Practitioner, please follow the steps in the document, Reflexology Study and RABC Proficiency Examinations.

REFLEXOLOGY STUDY AND RABC PROFICIENCY EXAMINATIONS

Click here for Student Info Sheet



Finding the RABC Website

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ABOUT RABC

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Foot Hand Ear Face
Reflexology

Must enter the **full name**
when doing a search, NOT
the RABC acronym.

➤ Enter: **reflexologyofbc.com**

WELCOME



Our Home Page



Booking your Session

- Your Reflexology Session:
 - Typically, a session is 1 hour in length.
 - The session fee will be discussed prior to the session.
- Gift Certificates are available.
- Contact Info to Book a Session:
 - On our website: look under the Approved Practitioners tab to find a reflexology practitioner in your area.



Thank you!
Questions?

Contact:



For more information on RABC:
Email: enquiry@reflexologyofbc.com