



Reflexology

RINGS

Relax ✕ Focus

YOUR AT-HOME REFLEXOLOGY TREATMENT

Each ring has 83 triangle folds, stimulating your median, ulnar, and radial nerves. Massage these acu-points and alleviate physical and emotional stressors throughout your whole body.

Copper improves connectivity of nerves, balances hormones, and reduces joint stiffness and pain. Silver boosts immunity, balances moods, and restores energy. Gold improves circulation, alleviates arthritic pain, and eliminates stiffness.

MIDDLE FINGER

- Soothes anger and irritability
- Fights fatigue

INDEX FINGER

- Eases frustration and inspires inner peace
- Relaxes muscle aches

THUMB

- Calms nerves and eases your worrying
- Relieves headaches

RING FINGER

- Reduces negativity and helps with grief
- Aids in digestion

LITTLE FINGER

- Stimulates creativity, intuition, and wisdom
- Reduces insecurities and anxiety

