

# REAL SIMPLE

| life made easier |

## 27 ways to snack smarter

Why eating all day  
is actually good for you

Money-saving DIY projects that anyone can do  
The best-fitting jeans (for as little as \$40)  
Streamline your morning routine: 12 beauty tips



AUGUST 2009 ISSUE OF "REAL SIMPLE"

## get a reflexology treatment

**TIME:** 7 to 14 minutes.

**WHAT YOU NEED:** Your hands. (Reflexology works parts of the hands or the feet to relieve tension in corresponding body parts; this routine is just for the hands.)

**HOW-TO:** Perform each step for 30 to 60 seconds, on your dominant hand first, then the other. These instructions are for the right hand.

1. Relax the right hand by holding the wrist and moving it around.

2. Place the left thumb on the top of the right hand and, with your fingertips, massage the fleshy part beneath the right thumb. This helps to relax the spine.

**MASSAGE YOUR HAND  
LIKE THIS.**



3. Flip over the right hand. Walk the thumb of the left hand from the right wrist to the top of the palm, making six to eight rows up and down. This can relieve tension in the spine, neck, shoulders, and organs.

4. Place the right hand flat on a table. Work the left thumb over the top of the right wrist to help energize your entire body.

5. With the right hand still flat, work the thumb side of the right wrist with the tips of the left fingers, which helps relax the lower-back muscles.

6. Keeping your right hand on the table, work the top of the thumb with the left pointer finger, which can release neck tension.

7. Lift your hand and press the left thumb into the right palm an inch below the second and third fingers. Gently rock the fingers on the right hand back and forth for overall relaxation. Say "Ahhh."

**A PRO CHARGES: \$60**  
for one hour

**DIY COST: \$0**

meet the experts These DIY pros shared their knowledge for this story.

PHYLLIS A. GARVEY is the president of the Reflexology Association of America.