

FOOT ZONE EQUIPMENT & SUPPLIES

Where the foot zone practitioner works and the size of the foot zone room or booth may greatly determine what one will need for equipment and supplies. For instance, if one chooses to work for a massage studio or chiropractor's office, the company may supply a foot zone practitioner with a massage table or chair, towels, and/or essential oils, etc. to utilize. Or the foot zone practitioner may rent a space or work from home and will need to purchase his/her own supplies.

Equipment and Supplies Needed When Foot Zoning Clients:

Room Temperature: The foot zone space should be well ventilated and comfortable enough that the client doesn't chill or become hot. Most comfortable temperatures for a client and practitioner range between 72 - 75 degrees Fahrenheit. Ensure the room is warmed in advance for the first foot zone of the day. Some chairs and tables may be electric and provide the client with heat. This is a wonderful option allowing the client to remain warm and the practitioner can keep the room on the cooler side as he/she works. A fan or air conditioning may also be necessary for hotter times of the year.

Blanket: At times, during a foot zone session, a client may become cold. Have a blanket available in case of this happens so the client remains comfortable.

Lighting: Having a therapeutic lamp helps set the tone and mood of the session. Reflective or soft natural lighting is the most preferred and can have a soothing, calming effect, helping the client get into a parasympathetic state. This state helps the client relax and start to repair and heal.

Music: Spa music is another way to sooth a client and keep him/her relaxed throughout the session, which is very important because many times the foot zone can be painful in areas. Keep in mind that not all clients will like music during their foot zone session; therefore, this needs to be included on the practitioner's intake form as an option for the client to give their permission for music to be used.

Disposable Wipes: It is important to have disposable wipes available for a client to wipe their feet if they come to their appointment with smelly or dirty feet. If a client is not able to reach their own feet, the practitioner may assist with that task.

Tissues: During a foot zone session a client may start to release emotions or their sinuses may start to release. Therefore, always keep tissues on the side table.

Foot Zone Chair: Examples of a foot zone chair can be a recliner or zero gravity chair. This allows the practitioner to always maintain great eye contact and conversation with the client while the practitioner is foot zoning and educating the client. The client position in the chair also allows the practitioner to check for a change in facial expressions and change of coloring.

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Massage Table: A massage table allows the client to lay down, and it is easy for the foot zone practitioner to adjust the table to his/her own height and comfort level of work. The practitioner is also able to roll his/her chair around the table to access all regions of the feet easily. This also allows the practitioner to work on both feet at the same time to trigger organs; such as the stomach, pancreas, and intestines, at once. It is also easy to lay the Gemi tools on the table to access them easily.

Side Table: Having a side table near the massage table or foot zone chair is convenient for easy access of many things; such as foot zone tools, reference books, gem tools, tissues, towels, etc. It is also nice if the side table has room for the client's shoes and/or personal belongings.

Practitioner Chair/Pillows/Bolsters: Depending on whether or not a practitioner uses a massage table or foot zone chair will depend on whether or not one or both of these are needed. Both a pillow and bolster help position and provide comfort to the client. Every client will have a slightly different build or condition, so having this type of equipment will help customize the positioning of each client.

Hand Towels: A fresh hand-towel is mandatory for each foot zone. Many times the client will sweat and the practitioner will need to wipe down the client's feet so the practitioner doesn't slip or slide on foot zone signals, causing a possible tear in your knuckles; this also allows for a more accurate trigger of the foot zone signals.

Essential Oils: Essential oils have been found to be very therapeutic. There are many essential oils to choose from. WLZ highly recommends a foot zone practitioner to use organic and/or wild crafted essential oils. These oils can be applied at any time during a foot zone. When doing so, this needs to be included on the practitioner's intake form as an option for the client to give their permission for essential oils to be used because some clients may have reactions to essential oils. Also, be sure to let the client know this is not part of the foot zone, it is an added therapy and compliments the foot zone.

Foot Zone Salves and Creams: It is highly recommended to never use creams or lotions while trying to trigger acupressure points so as not to slide off the pressure point when foot zoning. However, if a client's skin is sticky or super dry, it is recommended to use Mom's Stuff salve. This salve will stop the stickiness and dryness and still allow the practitioner to trigger the acupressure signals. With this particular salve, very little is needed. After a foot zone session is completed, the practitioner can close the session with a holistic salve/cream over the feet. When doing so, this needs to be included on the practitioner's intake form as an option for the client to give their permission for salves/creams to be used.

Foot Zone Tools: For thousands of years, the practitioner's hands have been great tools for triggering acupressure signals. However, tools have also been documented for use in acupressure for thousands of years. Tools are popular for a couple reasons. One reason is because it saves the practitioner's hands from wearing down or callousing. Second, it has recently been discovered that by using tools with

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crystal creates a piezo-electric effect in the body of both the client and the practitioner, bridging the gap of any conditions or living situations the client or practitioner may be experiencing at the time. This piezo-electric effect is also proven as a healing effect and is amplified during a foot zone session when using a crystal tool. The company Gemi Tools Inc. is the number one type of gem tools sold for foot zoning.

Highly Recommended Foot Zoning Gem *Tools:

- Gemi Reference Book
- Gemi Tool - holds a 30 mm gem
- Nature's Box of Chocolates – contains a variety of 30 mm gems
- Nature's Box of Bon Bons – contains a variety of 25 mm gems
- Nature's Box of Mini's – contains a variety of 20 mm gems
- Spoon Stick
- "S" Stick
- Meridian Stick
- Lollipop
- Pocket Buddies
- Rock 'n' Roller
- Fascia Activator

*Tools will be further discussed and demonstrated in a tutorial.

Gem Jewelry: Gem Pendants are great to wear with a gem inside so you have a tool anywhere you are. Gem Bracelets are great at providing healing vibrations and protection to the practitioner.