Assignment 8.2

Reflexology Relaxing Foot Massage

Name of Learner:	
Date:	
Tutor Feedback:	

- ✓ Please answer the questions in your own words to the best of your ability.
- ✓ Additional research may be required on some questions.
- ✓ Please keep a copy of your in case it gets lost for some reason.
- ✓ Please label ***ALL*** documents and files before giving them to us, to include: Your full name, the subject you are studying, and the module number / question paper or case studies. We receive many question papers and it can slow down the marking process if we have to work out which paper belongs to you.

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Q1. How long should a foot massage generally take?

Q2. Why is the relaxing foot massage important?

Q3. What considerations will you need to make when carrying out a relaxing foot massage? Name 5.

Q4. How is a relaxing foot massage different to Reflexology?

Q5. What is an effleurage movement?

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