

Equipment List

What you will need to bring along:

- Reflexology kit**
- Pens, coloured pencils, highlighters, note book.
- Towels & pillow (1 hand towel, 1 bath towel, pillow, pillowcase)
- Reflexology chair
- Gaslift stool
- Reflexology text books***
- Ensure you have trimmed nails short for each class
- We recommend you leave all hand and arm jewellery at home
- Lunch & snacks (tea & coffee provided)

**Reflexology Kit Consists of

- Aqueous cream (non-scented) *we are sourcing a Reflexology specific cream - this will be available from ASRR and can be pre-ordered in time for your first class.*
- Wet wipes and hand sanitiser (as natural ingredients as possible) *we recommend Elyptol wipes and hand sanitiser - this is available from ASRR and can be pre-ordered in time for your first class*
- Antiseptic hand spray - *we recommend SABA Organics*
- Bag / bin for used wipes
- Nail clipper
- Nail file
- Band-aids
- Basket
- 6 hand towels / 1 small bath towel (only 1 hand towel/1 small bath towel required for class)
- Light washable blanket
- Screw driver for Reflex chair maintenance

***Required Text Books - Supplied by ASRR at your first class

- The complete Guide to Reflexology, By Ruth Hall (second edition)
- The complete Guide to Reflexology Workbook, By Ruth Hall (second edition)
- Anatomy, Physiology and Pathology for Therapists and Healthcare Professionals, By Ruth Hall (second edition)
- Anatomy, Physiology and Pathology - Colouring and Workbook for Therapists and Healthcare Professionals, By Ruth Hall (second edition)
- The Business of Healing, By Robert Medhurst (third edition)

***Recommended Text Books

- Better health with foot reflexology – Dwight Byers
- Reflexology Art, Science and History – Christine Issel
- Stories the feet can tell – Eunice Ingham

Wanderer Reclining Lounger

This is a portable relaxation chair. We recommend purchasing from BCF (ensure you get the chairs with the weight capacity of 130kg.

<https://www.bcf.com.au/p/wanderer-reclining-lounger/520324.html?cgid=BCF023010#start=3>

Gas Lift Stool

Comfortel Furniture Pty Ltd

<https://comfortel.com.au/shop/beauty-salon/beauty-salon-stools/salon-stool-black/>

Ensure thick hard plastic wheels that roll on carpet. wide seat, and low height capacity.

ASRR Uniform

This is required for Clinic and clinical placement thru the Advanced Reflexology Subject. Order form will be available at last Foundation class.

If you have any more questions please don't hesitate to call Lyn on 0412 353 385 or email info@asrr.com.au