

INTENSIVE TRAINING

INTEGRATED

REFLEXOLOGY

133 HOURS ➔ **10 DAYS OF INTENSIVE TRAINING**

HUMAN BIOLOGY

> UNDERSTANDING HOW THE HUMAN BODY WORKS.

REFLEXOLOGY THEORY

> UNDERSTANDING THE HISTORY AND THEORIES THAT EXPLAIN HOW AND WHY REFLEXOLOGY WORKS.

REFLEXOLOGY PRACTICE

> LEARNING ALL THE TECHNIQUES AND METHODS NECESSARY FOR REFLEXOLOGY PROFESSIONALS TO DEAL WITH A WIDE VARIETY OF CONDITIONS AND PATHOLOGIES.

HOLISTIC HEALTH AND TCM

> DEEPENING THE INTEGRATION OF REFLEXOLOGY INTO THE HOLISTIC CONCEPT AND UNDERSTANDING OF REFLEXOLOGY IN LIGHT OF THE FUNDAMENTAL PRINCIPLES OF TRADITIONAL CHINESE MEDICINE.

TREATMENTS AND CASE

STUDIES

> PRACTICAL COMPONENT THAT ALLOWS TRAINEES TO OBSERVE THE EFFECTS OF REFLEXOLOGY ON CLIENTS' DAILY LIVES

TUTORIAL GUIDANCE

> IT ALLOWS FOR MONITORING THE UNDERSTANDING, ACQUISITION, AND APPLICATION OF THEORETICAL AND PRACTICAL KNOWLEDGE.

At the end of the course, trainees who successfully complete the training will be awarded a certificate issued by the SNQ - National Qualifications System, through the SIGO - Information and Management System for Education and Training, as provided for in Ordinance No. 474 of 2010. This recognition also allows our students to claim the investment made in our courses as a tax-deductible expense on their IRS tax returns.

CERTIFIED BY:



DATES
CLASSES
SCHEDULE

JUNE 1 TO 10, 2026

IN-PERSON FROM MONDAY TO WED

9:00 AM TO 6:00 PM

LISBON - INTENSIVE ANNUAL COURSE 2026



Integrated Reflexology

Reflexology is a therapy based on the principle that there are reflexes in the feet and hands that are connected to all the organs, glands, and limbs of the body. By stimulating these reflexes using specific techniques, the reflexology therapist helps the body in its various homeostatic (balancing) processes.

Reflexology relaxes the body, mind, and spirit, normalizes bodily functions, improves blood circulation and nerve communication, and boosts the immune system.

This therapy is increasingly becoming a professional career choice due to its intrinsic therapeutic interest and its implementation in the market.

Reflexology therapists can work independently in the field of holistic health and wellness, in clinics and other healthcare facilities, spas, hotels, resorts, wellness and therapy centers, hair salons, beauty salons, and others.

Recipients and Conditions of Admission

This course is intended for working people (employed or unemployed) over the age of 18 who are interested in becoming professional integrated reflexology therapists. Training groups are limited to a maximum of 12 trainees, in accordance with the recommendations of RIEN - Reflexology in Europe Network.

General Objectives

At the end of the course, trainees should be able to apply the various therapeutic techniques related to the practice of Integrated Reflexology. In addition to therapy, specific methods are also taught so that trainees can become therapists recognized by the public and thus devote themselves full-time to their new professional activity.

Sequência dos Módulos/Temáticas a Desenvolver

 JUNE 1ST Mon. 9am - 6pm	MODULE 1 > Introduction to Reflexology; > Holism Concept; > Natural Healing Process; > Classical Paradigm vs. New Paradigm in Science; > Complementary Therapies; > Explanatory Theories of Reflexology; > History of Reflexology; > Reflexology Treatment and its Effects; > Anatomical Plans and Directional Terms of the Human Body; > Anatomy and Biomechanics of the Foot; > Longitudinal and Transverse Divisions of the Foot; > The Cavities of the Human Body; > Foot Relaxation Techniques.	9 Hours
 JUNE 2ST Tue. 9am - 6pm	MODULE 2 > Location of Reflexes in the Feet; > Complete Reflexology Treatment; > Pressure Techniques Used in Reflexology; > Human Biology – Levels of Organization, Homeostasis, and Integumentary System.	9 Hours
 JUNE 3ST Wed. 9am - 6pm	MODULE 3 > Client File; > Observation and Analysis of the Morphological Aspects of the Feet; > Foot Pathologies; > Precautions in Reflexology; > Ethics in Reflexology; > Human Biology - Nervous System; > Reflexology Practices.	9 Hours
 JUNE 4ST Thu. 9am - 6pm	MODULE 4 > The importance of breathing; > Introduction to the 5 Elements Breathing Cycle - Stress Cycle; > Basic Principles of Bach Flower Remedies; > Metamorphic Technique; > Human Biology - Endocrine System; > Observable Elements in the Feet; > Reflexology Practices.	9 Hours
 JUNE 5ST Fri. 9am - 6pm	MODULE 5 > Basic Principles of Aromatherapy; > Introduction to Case Studies; > Advanced Techniques; > Specific Techniques for Foot Pathologies; > Relationship between the Spine, Vertebrae, Spinal Nerves, and Organs; > Human Biology – Musculoskeletal System; > Reflexology Practices;	9 Hours
 JUNE 6ST Sat. 9am - 6pm	MODULE 6 > Introduction to TCM; > 5 Movement Breathing Cycle; > Public Relations and Marketing; > Human Biology – Respiratory System and Digestive System; > Reflexology Practices.	9 Hours

 JUNE 7ST Sun. 9am - 6pm	MODULE 7 > Dynamic observation of the feet; > Intensive reflex therapy; > Synergistic zonal reflexology; > Homologous areas of reference and cross reflexes; > Human Biology – Cardiovascular System and Blood; > Reflexology Practices.	9 Hours
 JUNE 8ST Mon. 9am - 6pm	MODULE 8 > Meridians in reflexology; > Anatomy of the hand and location of reflexes; > Human Biology – Lymphatic and Immune Systems; > Lymphatic drainage in reflexology; > Reflexology practices.	9 Hours
 JUNE 9ST Tue. 9am - 6pm	MODULE 9 > Hand reflexology treatment; > Cranial nerves with practice, feet, and hands; > Hering's Law; > Human Biology – Urinary and Reproductive Systems; > Reflexology practices.	9 Hours
 JUNE 10ST Wed. 9am - 6pm Exam in July 2026 or February 2027	MODULE 10 > Use of foot sticks in reflexology treatments; > Reflexological representation of teeth and foundations, feet, and hands; > Nutrition and lifestyles; > Preparation of final projects; > Human Biology – Fertilization and Embryogenesis; > Reflexology Practices; > Final theoretical exam; > Practical exams.	16 Hours
	TOTAL	97 Hours

Tutorial Guidance: 36 Hours

Schedule and dates to be determined.

Training Methodologies

The course is structured with a very practical approach that allows trainees to practice applying a set of specific knowledge and techniques associated with Reflexology.

To this end, the course methodology will be supported mainly by:

- **The expository method**, for the transmission of theoretical content;
- **The interrogative method**, to complement the use of the expository method and encourage the participation of trainees;
- **The demonstrative method**, for the presentation and training of practical treatments, demonstration by the trainer, and repetition by the trainees;

- **The active method**, in the sense of mobilizing a participatory attitude in addressing the various topics and operationalizing learning through practical exercises for reflexology practices, case studies, group work and discussions, brainstorming, among other pedagogical techniques. As part of the active method, trainees independently perform a set of 60 treatments and 2 case studies, which are then analyzed by the trainer.

Assessment Methodologies

The final assessment of trainees consists of the following points:

- 1. Formative assessment: 10% of the final assessment;**
- 2. Client files: 20% of the final assessment;**
- 3. Case studies: 30% of the final assessment;**
- 4. Written exam: 20% of the final assessment;**
- 5. Practical exam: 20% of the final assessment.**

The final assessment is translated into the following scale:

1 - Unsatisfactory / 2 - Satisfactory / 3 - Good / 4 - Very Good.

In order for the trainee to successfully complete the course, they must achieve a final assessment of at least 2 - Sufficient, across all assessment points, and must attend at least 85% of the total training hours.

The characteristics of each moment are presented below:

1. Formative assessment is carried out by observing the following criteria:

Mastery of content (85% weighting):

1. Correctly describes basic concepts;
2. Ability to apply knowledge in practical cases;
3. Transfer/generalization of knowledge to new situations;
4. Problem-solving ability;

Participation (10% weighting):

1. Interest in the topics covered;
2. Level of participation;
3. Nature of contributions;
4. Willingness to perform tasks;
5. Attendance; 6. Punctuality;

Interpersonal relationships (5% weight):

1. Interpersonal skills;
2. Teamwork performance.

2. The evaluation of customer files involves analyzing the following criteria:

Treatment records (60% weighting):

1. Suitability of the techniques applied to the client;
2. Ability to systematize the most relevant aspects in identifying imbalances;
3. Ability to record client feedback;
4. Relevance and suitability of suggestions;

Foot observation (30% weighting):

1. Ability to observe and record the characteristics of the foot;

Data collection (5% weight):

1. Objectivity and ability to synthesize;

Presentation (5% weight):

1. General presentation;
2. Degree of accuracy in recording the characteristics observed in the foot.

3. The evaluation of case studies involves analyzing the following criteria:

Introduction (10% weighting):

1. It presents the objectives and motivations of the study in a clear, articulate, and succinct manner.

Structure (75% weighting) including: Treatment records (50% weighting):

1. Suitability of the techniques applied to the client;
2. Ability to systematize the most relevant aspects in identifying imbalances;
3. Ability to evaluate and record client feedback; relevance and suitability of suggestions.

Foot observation (10% weighting):

1. Ability to observe and objectively record the characteristics of the foot;

Data collection (5% weighting):

1. Objectivity and ability to synthesize.

Analytical skills (10% weighting):

1. Ability to analyze and record changes in the client's condition.

Final reflection (10% weighting):

1. Ability to evaluate and discuss the case.

Presentation (5% weighting):

1. Overall presentation;
2. Adherence to the structure presented.

4. The theoretical assessment through a written exam is carried out as follows, on a scale of up to 200 points, equivalent to the scale from 1 to 4 (described above):

- Group 1 (50% weighting)
- Group 2 (weighting of 50%)
- Group 3 (weighting of 30%)
- Group 4 (weighting of 15%)
- Group 5 (weighting of 25%)
- Group 6 (weighting of 30%)

5. The practical assessment through a practical exam is based on the following criteria:

- Posture (25% weight)
- Technique (25% weight)
- Linking theory with practice (25% weight)
- End-of-treatment procedures (25% weight)

Specific Objectives

At the end of the training course, trainees should be able to:

- Recognize the importance of reflexes in the foot bones; Apply the reflexology techniques learned;
- Indicate foot pathologies;
- Recognize the importance of ethics and precautions in reflexology;
- Identify and observe the feet considering the criteria

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- presented;
- Create a Client File;
- Define Holism; Indicate the origin of Bach flower remedies; Recognize emotional groups and flower remedies;
- Define Functional and Dysfunctional Anxiety;
- Recognize Diaphragmatic Breathing and its benefits;
- Identify the organs and emotions associated with stress and use some Chi Kung techniques to release it;
- Identify the procedures associated with the Metamorphic Technique;
- Describe the Endocrine System based on glands, hormones, and pathologies;
- Identify the constituent elements of the foot, considering the characteristics of each element, emotional imbalances, and the relationship between the elements and their meaning;
- Define Aromatherapy based on the use of Essential Oils;
- Identify the structure, functions, and anatomy of the musculoskeletal system; Recognize the importance of the relationship between the spine and other organs;
- Recognize the importance of correctly applying foot pathology techniques and advanced reflexology techniques;
- Identify TCM and its components;
- Identify the procedures for applying the stress breathing cycle; Indicate the essential components of marketing and advertising;
- Identify the main functions and processes of the digestive system;
- Recognize the importance of drawing reflexes;
- Recognize the importance of foot reading, primary observation, and cavities in the mental/emotional component;
- Recognize the importance of Marketing and Advertising in Reflexology;
- Recognize the importance of homologous reference areas and cross reflexes;
- Identify states of imbalance in the feet;
- Identify pathological states of the feet;
- Recognize the importance of meridians in Reflexology;
- Recognize the importance of the lymphatic system;
- Recognize the importance of the immune system; Identify the functions, anatomy, and directional terms of the hand;
- Identify the cranial nerves and draw them on the bone sheet and feet;
- Apply the reflexology techniques learned on the hands correctly;
- Recognize the importance of the Urinary System;
- Identify the concepts associated with the

- Reproductive System;
- Recognize the importance of Hering's Law;
- Recognize the types of food;
- Indicate the importance of the reflexological representation of the teeth; Recognize the Foot Taco;
- Identify the importance of the reflexological representation of the teeth and foundations, feet, and hands;
- Recognize the impact of diet and lifestyle on Reflexology;
- Identify the conditions for fertilization, hormonal and mechanical factors, and the PMA techniques available in society.

Training Modalities

Continuing education.

Forms of Organization

In-person training.

Spaces and Logistical Requirements

Theoretical and Practical Training:

- Room with good lighting, ventilation, temperature, and isolated from noise that could disrupt the training session;
- Room that can be darkened for viewing projections;
- Space equipped with all the teaching resources and materials necessary for the practical component;
- Furniture that complies with ergonomic rules for trainers and trainees;
- Space large enough to allow for practical exercises and group dynamics.

Materials and Educational Resources

The resources to be used will be:

- Computer;
- Video projector;
- Projection screen;
- Whiteboard;
- Markers.

Other specific materials:

- Wipes;
- Moisturizing cream;
- Foot stick;
- Lafuma chair;
- Wheelchairs;
- Human skeleton;
- Anatomical model of internal organs;

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- Bone foot;
- Posters.

At IRIL, there is always enough material for all trainees to practice at the same time. In addition, trainees can purchase their own equipment at very competitive prices. Teaching materials: During the course, trainees will also be provided with a range of other support materials, including a workbook, a book on human biology, a reflexology chart, presentations, and tools for experimentation and consolidation, which are considered essential for learning in this course. As supporting documentation to be provided by the trainer to the trainee, these materials aim to equip participants with the necessary knowledge inherent to the performance of their duties as specialists in the field of Integrated Reflexology.

Investment

> Enrolment up to 31 April - 1.300€

- 1st payment on enrolment: **650€**
- 2nd payment up to 1st May: **650€**

> Enrolment from 1st of May - 1.450€

- 1st payment on enrolment: **725€**
- 2nd payment up to 1st de June: **725€**

The course fee includes all necessary materials, including:

- Course notes;
- Human Biology - textbook;
- Reflexology chart (A4).

How to reach us

Metro

Blue Line, Jardim Zoológico Station (exit towards Av. Columbano Bordalo Pinheiro, on this avenue it is the first street on the left, or exit towards Rua Professor Lima Bastos and on this street it is the first on the right).

Train

Sete Rios Station (exit towards Av. Columbano Bordalo Pinheiro, on this avenue it is the first street on the left, or exit towards Rua Professor Lima Bastos and on this street it is the first on the right).

Rede Expressos Terminal

Head towards the train station. (At the station, head towards Rua Professor Lima Bastos and take the first right on that street).

Carris

Approximately 11 Carris buses pass near our facilities.

For those coming by car

You can search for directions on the map. Our street is a cross street of Av. Columbano Bordalo Pinheiro. If you are coming from Praça de Espanha, it is the second street on the right.

EMEL yellow zone paid from Monday to Friday from 9:00 a.m. to 7:00 p.m. Free on Sundays.



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