



## Home remedies - Hand Reflexology for Headaches

If you suffer with headaches or worse, migraine attacks, here is an option you can try at home, work or on the go to help relieve the pain.

### What's the difference between a headache and a migraine?

**Headache** - pain felt all over the head, or just one area like the forehead or temples. It may be superficial, deep, throbbing or sharp.

**Migraine** - A severe headache lasting from two hours to two days, preceded and accompanied by visual disturbances and/or nausea and vomiting.

### Massage the Head reflex using your hands

Cup one thumb in your other hand, use your working thumb to caterpillar walk down from the tip to the base of the thumb. Continue in this manner until you have covered the whole area. Stimulate with tiny circles at each step. Massage this area for **1 minute**.

Repeat on the other hand.

