

## DEPARTMENT OF HEALTH

NO. 4161

8 December 2023

**REGULATIONS RELATING TO THE PROFESSIONS OF  
REFLEXOLOGY AND THERAPEUTIC REFLEXOLOGY**

The Minister of Health intends, in terms of section 38 of the Allied Health Professions Act, 1982 (Act No. 63 of 1982), after consultation with the Allied Health Professions Council, to make the regulations as set out in the Schedule.

Interested persons are invited to submit substantiated comments or representations in writing on the proposed amendments to the regulations to the Director-General: Health, Private Bag X828, Pretoria, 0001 (for the attention of the Director: Public Entities Governance, [mihloti.mushwana@health.gov.za](mailto:mihloti.mushwana@health.gov.za) and [godfrey.tsebe@health.gov.za](mailto:godfrey.tsebe@health.gov.za)), within three months of the date of publication of this notice.



DR M.J. PHAAHLA, MP

MINISTER OF HEALTH

DATE: 08/11/2023

## SCHEDULE

### Definitions

1. In this Schedule any expression defined in the Act bears that meaning and, unless the context otherwise indicates-

**“reflexology”** means the art of holistic practice of treatment of reflex points on the feet, legs, hands, arms, face, ears and body, corresponding to every part of the body;

**“reflexology therapy”** means the physical application of hand, finger and thumb pressure techniques in order to stimulate the reflex areas on the feet, legs, hands, arms, face, ears and body of a person, or the manual mobilisation of soft tissue structures in the hands and feet, or by using other reflexology devices or equipment based on education and training, as approved by the Council, from time to time, at the recommendation of the applicable professional board and published in the *gazette*, for a therapeutic outcome, maintenance and prevention of illness and imbalances in a person;

**“reflexologist”** means a person registered as a reflexologist under the Act, who may treat or provide physical treatment in humans for the purpose of relaxation and well-being;

**“therapeutic reflexologist”** means a person registered as a therapeutic reflexologist under the Act, who may treat or provide treatment for pre-diagnosed physical disease, illness or deficiencies in humans; or prevent such physical disease, illness or deficiencies in humans for the purpose of a therapeutic outcome; and

**“the Act”** means the Allied Health Professions Act, 1982 (Act No. 63 of 1982).

**Acts specifically pertaining to the profession of a reflexologist**

2. The following are acts specifically pertaining to the profession of a reflexologist-
- (a) The physical examination and preparation of any person's feet for reflexology therapy to provide physical treatment for the purpose of relaxation and well-being;
  - (b) The treatment of any person using reflexology, including, but not limited to, by –
    - (i) the manual relaxation techniques such as Achilles tendon stretch and pinching, ankle and toes rotation, wringing or twisting of the feet, kneading specific reflex areas; and
    - (ii) using sequence procedures such as thumb rotation, finger or thumb walking on the reflex areas in the feet.
  - (c) Other acts specifically pertaining to the profession of reflexology based on the education and training of reflexology as may be approved by the Council, from time to time, at the recommendation of the applicable professional board and published in the *gazette*.

**Acts specifically pertaining to the profession of a therapeutic reflexologist**

3. The following are acts specifically pertaining to the profession of a therapeutic reflexologist-
- (a) The physical examination and preparation of any person's hands, ears, face, feet and legs for the purpose of treating or providing

treatment in accordance with reflexology treatment principles and protocols for pre-diagnosed physical disease, illness or deficiencies in any person or to prevent such physical disease, illness or deficiencies in such person.

- (b) The treatment or prevention of any physical disease, illness or deficiency in any person using reflexology, including, but not limited to, by –
- (i) assessing the integumentary and myofascial structure and evaluating the individual's needs or potential needs and taking into account the current physical, biological, psychological, social and cultural factors and their influence on the individual;
  - (ii) performing assessment of the reflex areas in the feet, body, legs, hands, arms, face and ears in determining and preparing a treatment protocol;
  - (iii) recording of patient's personal details, the health history pertaining to the condition of the patient, vital signs, treatment and recommendation details as well as progress;
  - (iv) the manual relaxation techniques such as Achilles tendon stretch and pinching, ankle and toes rotation, wringing or twisting of the feet, kneading specific reflex areas;
  - (v) using sequence procedures such as thumb rotation, finger or thumb walking on the reflex areas in the feet;
  - (vi) the application of specific hand, finger and thumb techniques in order to stimulate the reflex areas on the feet, legs, hands, arms, face, ears and body, the manual mobilisation of soft tissue structures on the feet or using



other reflexology devices / equipment based on education and training, as approved by the Council, from time to time, at the recommendation of the applicable professional board and published in the *gazette*, for a therapeutic outcome and prevention of conditions of illness in patients; and

(vii) advising the patients on health and self-care that includes hand and foot care, nutrition and lifestyle;

(c) Other acts specifically pertaining to the profession of therapeutic reflexology based on the education and training of therapeutic reflexologists as approved by the Council, from time to time, on recommendation of the applicable professional board and published in the *gazette* by the Council.

#### **Remedies relating to therapeutic reflexology**

4. Subject to the provisions of the Medicines and Related Substances Act, 1965 (Act No. 101 of 1965), a registered therapeutic reflexologist may, for the purposes of his or her practice and within the scope of practice relevant to his or her profession, possess or have under his or her control substances intended exclusively for external application to the skin to facilitate the reflexology therapy process, including but not limited to carrier oils, butters, creams, talcs and powders, which exclude medicines.

#### **Short title**

5. These regulations are called the draft Regulations relating to the Professions of Reflexology and Therapeutic Reflexology, 2023.