

DEPARTMENT OF HEALTH

NO. 6536

22 August 2025

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

The Minister of Health has, 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, made Regulations in the Schedule.



DR PAKISHE AARON MOTSOLEDI, MP
MINISTER OF HEALTH

DATE:

13/7/2025

SCHEDULE

Definitions

1. In these Regulations, 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 by Notice in the *Government 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 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 by Notice in the Government 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 by Notice in the Government 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 Regulations Relating to the Professions of Reflexology and Therapeutic Reflexology, 2025.

KITSISO YA PUSO

LEFAPHA LA BOITEKANELO

**MELAWANATAOLO E E AMANANG LE BORUTEGI JWA
REFOLEKESEOLOJI LE REFOLEKESEOLOJI E E ALAFANG**

Tona ya Boitekanelo o dirile, go ya ka karolo 38 ya *Allied Health Professions Act, 1982* (Molao 63 wa 1982), morago ga go rerisana le Lekgotla la Semphato sa Diporofesene tsa Boitekanelo, melawanataolo jaaka e tlhagisitswe mo Šejuleng.



NGAKA PAKISHE AARON MOTSOALEDI, MP

TONA YA BOITEKANELO

LETLHA: 13/7/2025

ŠEJULE

Ditlhaloso

1. Mo Melawataolong eno tlhagiso efe e e tlhalositsweng mo Molaong e nna le bokao joo e bile, ntle le fa bokao bo kaya ka mokgwa osele-

“refolekeseoloji” e kaya botswerere jwa tiragatso ka botlalo ya kalafi ya dikarolwana tse di tsibogang mo dinaong, mo maotong, mo diatleng, mo matsogong, mo ditsebeng le mo mmeleng, tse di tsamaelanang le karolo nngwe le nngwe ya mmele;

“kalafi ya refolekeseoloji” e kaya tiriso ya dithekiniki tsa kgatelelo tsa seatla, monwana le kgonojwe go tsibosa dikarolwana tse di tsibogang mo dinaong, mo maotong, mo diatleng, mo matsogong, mo sefatlhegong, mo ditsebeng le mo mmeleng wa motho, kgotsa go tsamaisa ka diatla dipopego tsa ditogwa tse di boleta mo diatleng le mo maotong, kgotsa ka go dirisa didiriswa tse dingwe tsa refolekeseoloji kgotsa ditlamelo ka go ikaega mo thutong le mo katisong, jaaka Lekgotla le rebotse, nako le nako, ka katlanegiso ya boto ya borutegi e e maleba le ka phasalatso mo Lekwalodikgannyeng la Puso, mabapi le poelo ya kalafi, tlhokomelo le thibelo ya malwetse le botlhokatlhomamo mo mothong;

“morefolekeseoloji” o kaya motho yo o kwadisitsweng jaaka morefolekeseoloji ka fa tlase ga Molao, yo o ka alafang kgotsa yo o ka tlamelang ka kalafi ya malwetse a mmele mo bathong mabapi le boitapoloso le boitekanelo;

“moalafi wa refolekeseoloji” o kaya motho yo o kwadisitsweng jaaka moalafi wa refolekeseoloji ka fa tlase ga Molao, yo o ka alafang kgotsa yo o ka tlamelang ka kalafi ya malwetse a a lemogilweng pele a mmele, bolwetse kgotsa ditlhaelo mo bathong; kgotsa yo o ka thibelang bolwetse joo jwa mmele kgotsa ditlhaelo mo bathong mabapi le maitlhomamo a poelo

ya kalafi; le

“**Molao**” o kaya *Allied Health Professions Act, 1982* (Molao 63 wa 1982).

Ditiro tse ka totobalo di leng mabapi le borutegi jwa morefolekeseoloji

2. Tse di latelang ke ditiro tse di amanang ka totobalo le borutegi jwa morefolekeseoloji-
 - (a) Tlhatlhobo le paakanyo ya dinao tsa motho ofe go tlamela kalafi ya refolekeseoloji mabapi le maitlhommo a boitapoloso le boitekanelo;
 - (b) Kalafo ya motho ofe ka tiriso ya refolekeseoloji, go akaretsa le, mme go sa lekanyetswa go, ka –
 - (i) dithekiniki tsa go lapolosa tse di dirwang ka diatla jaaka go otlolola le go gatelela mosifa o o golaganyang potongwane le serethe (Achilles tendon), go dikolosa lengenana le menwana ya maoto, go soka kgotsa go koba dinao, go tobetsa dikarolwana tse di rileng tse di tsibogang; le
 - (ii) go dirisa ditsamaiso tse di latelanang jaaka go dikolosa kgonojwe, go tsamaisa monwana kgotsa kgonojwe mo dikarolwaneng tse di tsibogang mo dinaong.
 - (c) Ditiro tse dingwe tse ka totobalo di leng ka ga borutegi jwa refolekeseoloji tse di ikaegileng mo thutong le mo katisong ya refolekeseoloji jaaka di ka rebolwa ke Lekgotla, nako le nako, ka katlanegiso ya boto ya seporofesene e e maleba le go phasalatswa mo Lekwalodikgannyeng la Puso.

Ditiro tse ka totobalo di leng mabapi le borutegi jwa moalafi wa refolekeseoloji

3. Tse di latelang ke ditiro tse di amanang ka totobalo le borutegi jwa moalafi wa refolekeseoloji-

- (a) Tlhatlhobo le paakanyo ya diatla, ditsebe, sefatlhego, dinao le maoto a motho mabapi le maitlhommo a go alafa kgotsa go tlamela kalafo go tsamaelana le meono ya kalafi ya refolekeseoloji le dintlhakelo tsa malwetse a a lemogilweng pele a mmele, bolwetse kgotsa ditlhaelo mo mothong ofe kgotsa go thibela bolwetse joo jwa mmele, bolwetse kgotsa ditlhaelo mo mothong yoo.
- (b) Kalafi kgotsa thibelo ya malwetse a mmele afe, bolwetse kgotsa tlhaelo mo mothong ka go dirisa refolekeseoloji, go akaretsa le, mme go sa lekanyetswa go, ka –
 - (i) go sekaseka popego e e ka fa ntle (integumentary) le ya ditogwa tsa mesifa (myofascia) le go lekola ditlhokego tsa motho ka esi kgotsa ditlhokego tse di ka nnang teng le ka go tsaya tsia dintlha tsa gajaana tsa mmele, baeoloji, tlhaloganyo, loago le setso le tlhotlheletso ya tsona mo mothong ka esi;
 - (ii) go dira tshekatsheko ya dikarolwana tse di tsibogang mo dinaong, mo mmeleng, mo maotong, mo diatleng, mo matsogong, mo sefatlhegong le mo ditsebeng mo go tlhomamiseng le go baakanyeng ntlhakelo ya kalafi;
 - (iii) go gatisa dintlha tsa sebele tsa molwetse, hisitori ya boitekanelo e e ka ga maemo a molwetse, matshwao a botlhokwa, kalafi le dintlha tse di atlanegisitsweng le kgatelopelo;

- (iv) dithekiniki tsa go lapolosa tse di dirwang ka diatla jaaka go otlolola le go gatelela mosifa o o golaganyang potongwane le serethe (Achilles tendon), go dikolosa lengenana le menwana ya maoto, go soka kgotsa go koba dinao, go tobetsa dikarolwana tse di rileng tse di tsibogang;
 - (v) go dirisa ditsamaiso tse di latelanang jaaka go dikolosa kgonojwe, go tsamaisa monwana kgotsa kgonojwe mo dikarolwaneng tse di tsibogang mo dinaong;
 - (vi) tiriso ya dithekiniki tse di rileng tsa diatla, menwana le kgonojwe go tsibosa dikarolwana tse di tsibogang mo dinaong, mo maotong, mo diatleng , mo matsogong, mo sefatlhegong, mo ditsebeng le mo mmeleng, go tsamaisa ka diatla dipopego tsa ditogwa tse di boleta mo dinaong kgotsa go dirisa didiriswa tse dingwe tsa refolekeseoloji / ditlamelo ka go ikaega mo thutong le mo katisong, jaaka Lekgotla le rebotse, nako le nako, ka katlanegiso ya boto ya borutegi e e maleba le ka phasalatso mo Lekwalodikgannyeng la Puso, mabapi le poelo ya kalafi le thibelo ya maemo a malwetse mo balwetseng; le
 - (vii) go gakolola balwetse ka ga boitekanelo le boitlhokomelo jo bo akaretsang tlhokomelo ya diatla le dinao, kotlo le mokgwa wa botshelo;
- (c) Ditiro tse dingwe tse ka totobalo di leng ka ga borutegi jwa refolekeseoloji e e alafang tse di ikaegileng mo thutong le mo katisong ya refolekeseoloji jaaka di rebotse ke Lekgotla, nako le nako, ka katlanegiso ya boto ya seporofešene e e maleba le go phasalatswa mo Lekwalodikgannyeng la Puso ke Lekgotla.

Dithuso tse di amanang le refolekeseoloji e e alafang

4. Go latela ditaelo tsa *Medicines and Related Substances Act, 1965* (Molao 101 wa 1965), moalafi wa refolekeseoloji yo o kwadisitsweng o ka, mabapi le maitlhommo a tiragatso ya gagwe e e amanang le borutegi jwa gagwe, tshola kgotsa o ka nna ka fa tlase ga taolo ya gagwe le dire tse maikaelelo ka kgethego e leng go di dirisa ka fa ntle ga letlalo go nlofatsa tsamaiso ya kalafi ya refolekeseoloji, go akaretsa mme go sa lekanyetswa go dioli tse di tsholang (carrier oils), dibotoro (butters), ditlolo (creams), dithaleke (talcs) le dipoere, tse di sa akaretseng melemo.

Setlhogokhutswe

5. Melawanataolo eno e bidiwa Melawanataolo e e thadilweng e e amanang le Diporofeshene tsa Refolekeseoloji le Refolekeseoloji e e Alafang, 2025.