The Science-Art of Reflexology

Reflexology is a gentle bodywork technique applied to maps resembling the human body located on the feet, hands, and outer ears. Students study the ten reflex zones, Reflexology specific pressure techniques, and how to support internal organs and every body system through this unique modality. Reflexology is a deeply relaxing modality that promotes wellness from the inside out.

Your Building Blocks to Success

This 311 contact hour course combines classroom lecture with a literal hands on laboratory setting, including 40 hours of clinical work. Students who successfully complete the course are prepared to take the American Reflexology Certification Board (ARCB) Exam. This course is in compliance with current educational guidelines set forth by the Reflexology Association of America (RAA), and the American Commission for Accreditation of Reflexology Education and Training (ACARET) as a Professional Reflexology Certification course.

Get Started Now!

If you have a high school diploma/GED, a proficiency in English (reading, writing, and speaking skills), are at least eighteen (18) years of age, and have a clean criminal record, then contact our program coordinator to get started. You should also download the application from this page and submit it to the Austin Community College Continuing Education registration office.

Your Path to Success

Semester I

MSSG 1013 Anatomy & Physiology
MSSG 1071 Reflexology I

Semester II

MSSG 2071 Reflexology 2
MSSG 1009 Health & Hygiene
MSSG 1007 Business Practice & Ethics

Semester III

MSSG 2076 Reflexology Internship

Program Information

Estimated Tuition
$2,595.00
Does Not Include Books & Fees

Time Commitment
1 Year
8-11 Hours / Week

Contact Information

Program Coordinator
Alex Matthews
amatthew@austincc.edu
(512) 223-7583

Get more information and an application at continue.austincc.edu/reflexology