

MAR Newsletter

FALL 2025



YOUR PROFESSIONAL INSIGHTS FOR THE
REFLEXOLOGY COMMUNITY

Events

Fall MAR Meeting

Date: November 16th

Time: 12:00 - 4:00

Place: Marc of Healing

541 Berkley St. Berkley, MA 02779

Join us for an afternoon of connection-featuring reflexology shares, sound with Susie, and thoughtful discussions. We invite attendees to bring ideas on how to strengthen our MAR community connections.

RSVP by 11/1 to this email

Watch FB and our emails for opportunities to join in spreading the great modality of Reflexology!

Your MAR Team

Events

Community
Connections

Education

Updates

Legislation &
Regulation

More to come...





Community Connections

Great news!!!

The MAR Board has agreed to collaborate with our New England neighbors!

This opens up a fantastic network for referrals and professional collaboration with reflexologists in those states. A minimal \$10.00 out-of-state membership fee makes you a part of this.

Your voice matters - please share

How are you sharing the healing benefits of reflexology with people in your local community?

Examples:

- Chamber of Commerce
- Local public library
- Creating your own self-care workshops
- Expanded community



Education

Researching information regarding the current body of evidence related to reflexology

Valerie Voner

As we practice reflexology, we use what we have been taught while we also expand, share/learn with others, owning reflexology in our own personal way.

To find studies and further research, Google is not the answer. There are sites that we can access where there are researched studies of manual therapies involved in assisting client care.

NIH – National Institutes of Health is the parent to NCCIH – The National Center for Complementary and Integrative Health – Supporting Research on the Whole Person.

National Institutes of Health

<https://www.nih.gov/>

Reflexology Research Project

Barbara and Kevin Kunz

<https://www.reflexology-research.com/>

Updates from the Pres



Reflexologists out and about & so can you!

Babson College

- President Barbara Strassman and Secretary Susie Makuch brought the magic of Reflexology to life for delighted healthcare journalists during the Health Coverage Fellowship Training at Babson College.

Veteran Events

- Barbara offered free Reflexology at a Veterans Fundraiser at Borderland state Park and was at Smokey Chestnut Horse Rescue Farm on October 4th.
- A huge thank you also goes out to Dawn and Cindy (and others) for their dedication in offering Reflexology at various Veterans events.

Pink Hippy

- Dawn Skoglund and others were at Pink Hippy, a cancer fundraiser - a great annual event on October 5th.

Summer BBQ!

- Thanks to Barbara-Pres for hosting the summer BBQ
- Great food, fun, conversation & connection



Legislation & Regulations

Evolving the Language of Reflexology

ARCB In June of this year, ARCB sent an email regarding wording for legislation templates, which included a description of reflexology to help highlight how reflexology is different from other healthcare therapies, especially massage. Note that the information sent (see below) leads with the word “definition,” which should be read as “description.”

Definition of Reflexology: this should be broad enough to allow practitioners to use new and evolving reflexology practices & techniques such as lymphatic drainage and structural reflexology.

Option 1 (restrictive): “Reflexology” means a healthcare service that is limited to applying alternating pressure with thumb and finger techniques to reflexive areas of the feet, hands, and outer ears based on reflex maps on an individual who is fully clothed, except for footwear. Reflexology does not include the diagnosis of or treatment for specific diseases, or joint manipulations.

Option 2 (medium restrictive + intermittent): “Reflexology” means a healthcare service that is limited to applying intermittent pressure with thumb and finger techniques to reflexive areas based on reflex maps on an individual who is fully clothed, except for footwear. Reflexology does not include the diagnosis of or treatment for specific diseases, or joint manipulations.

Option 3 (more liberal): “Reflexology” means a healthcare service that applies intermittent pressure with thumb and finger techniques to reflexive areas identified by reflexology maps on an individual who is fully clothed, except for footwear. Reflexology does not include the diagnosis of or treatment for specific diseases, or joint manipulations.

Bill S.261 - update

An Act Regulating Alternative Healing Therapies

- This legislation amends the board of registration of massage therapy to include alternative healing therapies such as body work, reflexology, and Reiki.
- A petition by Mr. Montigny, (Senate, No 261), for legislation to regulate bodyworks. Consumer Protection and Professional Licensure.
- Last update posted: A Hearing was scheduled in the Joint Committee on Consumer Protection and Professional Licensure on 6/2/25 - **no movement at this time.**
- To view bill: <https://malegislature.gov/Bills/194/S261>

THE VIEWS & INFORMATION PRESENTED IN THIS NEWSLETTER
DO NOT NECESSARILY REFLECT THE OPINIONS OR OFFICIAL POSITION OF THE MAR BOARD.