



Reflexology Tile

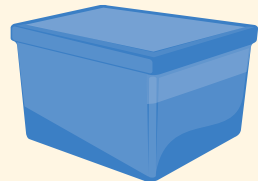
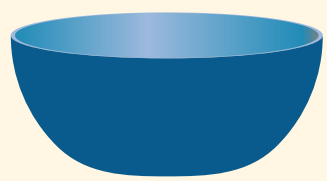
Created by Jaz and Oliver

A step-by-step guide to creating your very own reflexology tile!

Ages 7+

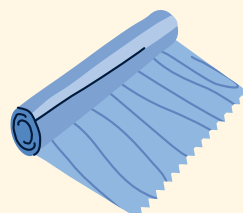
STEP 1. GATHER YOUR SUPPLIES!

Make sure you have all of these items at hand before beginning:



PLASTIC BOWLS OR CONTAINERS

(You will need 2)



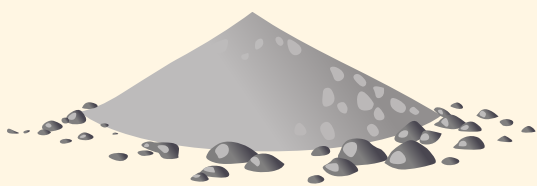
PLASTIC WRAP



GLOVES



MIXING TOOL



DRY CEMENT



SAND



WATER



ROCKS AND PEBBLES

STEP 2. MAKE THE LIQUID CEMENT FOR YOUR MOLD!

In a plastic bowl or container, mix together water, cement, and sand until a paste has formed. Remember to wear gloves!

STEP 3. MAKE YOUR MOLD AND POUR!

Then, pour your cement liquid into the bowl and tap the side to get rid of any air bubbles, ensuring the cement is levelled in the bowl.

Now, in a separate bowl or container, cover it with plastic wrap, pressing it down to fit the shape of the bowl or container.

STEP 4. PLACE YOUR ROCKS & PEBBLES!

Place the rocks and pebbles in the cement. Make sure to place them on their side rather than face down, and make sure the entire surface of your cement is covered.

STEP 5. LET YOUR TILE DRY!

Place your tile outside or in an area where it won't get bumped or knocked over, and let it sit overnight to dry.



STEP 6. REMOVE FROM THE MOLD AND ENJOY YOUR REFLEXOLOGY TILE!

Your reflexology tile is now ready to be placed in your garden or outdoor space!

Once your mold has fully dried, remove it from the bowl by lifting the plastic wrap then peeling your mold from the wrap.



DID YOU KNOW...

Reflexology Tiles have a lot of health benefits that make us happier, healthier, and stronger! These benefits are listed below:

- Relaxation
- Improvement of your nerve functions and brainpower
- Increased blood circulation in your body
- Helps to eliminate your body's toxins
- Boosts your metabolism and energy levels
- Reduces headaches, back and neck pain



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