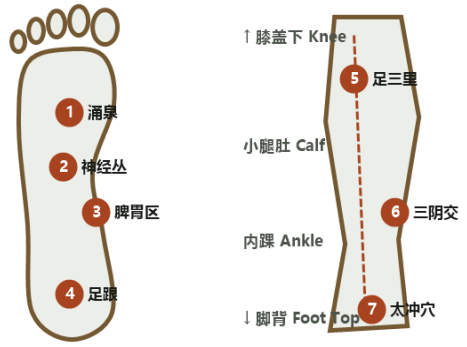
CHINESE FOOT REFLEXOLOGY & ACUPRESSURE POINTS CHART

Bilingual Chinese Characters (Hanzi) + Pinyin + Anatomical Sole & Leg Meridian Map | MassageInChina.com

PLANTAR SOLE (足底 1-4) LOWER LEG: KNEE -> FOOT (小腿脚



SHOW THIS BOX TO YOUR CHINESE MASSEUSE (给足疗技师看中文):

1. 【涌泉穴 KI-1】 师傅，请重点按脚底涌泉穴，力道适中。
2. 【足弓内侧】 脚心有点怕痒敏感，这里请轻一点按。
3. 【脚后跟】 今天走路太多脚后跟很酸，可以重一点按。
4. 【足三里/三阴交】 小腿肌肉很紧，请多帮我放松小腿。
5. 【太冲穴 LR-3】 脚背这里比较酸，请用中等力道揉一揉。

- 水太烫了，请加一点凉水 (Water is too hot, add cold water)
- 请轻一点 / 可以重一点 (Softer please / Stronger please)
- 请问可以按【大众点评团购价】付款吗? 谢谢! (Dianping price match)

For Cultural & Spa Communication Only (GB/T 12346-2021) — Not Medical Advice

1. Complete Reference: 7 Chinese Foot Reflexology Zones & Meridian Points (#1 to #7)

#1 | KI-1 Yongquan (Bubbling Spring) — Sole Anterior Depression

Anatomical Location: Anterior 1/3 depression of plantar sole between 2nd & 3rd metatarsals

Pinyin Audio Cue: "Shifu, qing bang wo zhongdian an yixia jiaodi Yongquan xue, lidao shizhong."

#2 | Solar Plexus & Diaphragm Zone — Upper Central Arch

Anatomical Location: Upper central plantar arch directly beneath the ball of the foot

Pinyin Audio Cue: "Shifu, zugong zhongjian zheli hen shufu, qing duo tuina ji bian."

#3 | Medial Inner Arch Reflex Zone — Soft Inner Foot Curve

Anatomical Location: Soft inner longitudinal arch curve (often ticklish or tender)

Pinyin Audio Cue: "Shifu, jiaoxin neice youdian mingan pa yang, zheli qing qing yidian an."

#4 | Calcaneus Heel Cushion Point — Center of Heel Pad

Anatomical Location: Dense calcaneal heel pad at rear of sole (handles firm pressure after 20,000 steps)

Pinyin Audio Cue: "Shifu, wo jintian zoulu tai duo jiaohougen hen suan, keyi zhong yidian an."

#5 | ST-36 Zusanli (Leg Three Miles) — 4 Fingers Below Kneecap

Anatomical Location: Upper anterior shin muscle (tibialis anterior), 4 finger-widths below patella

Pinyin Audio Cue: "Shifu, xiaotui shangbu de Zusanli an de hen shufu, zhege lidao ganggang hao!"

#6 | SP-6 Sanyinjiao (Three Yin Crossing) — 4 Fingers Above Inner Ankle

Anatomical Location: Lower inner calf, 4 finger-widths directly above the inner ankle bone

Pinyin Audio Cue: "Shifu, jiaohuai shangfang he xiaotuidu hen jin, qing duo bang wo fangsong."

#7 | LR-3 Taichong (Great Surge) — Top (Dorsum) of Foot

Anatomical Location: Dorsum of the foot in the hollow between the 1st and 2nd metatarsal bones

Pinyin Audio Cue: "Shifu, jiaobei Taichong xue zheli bijiao suan, qing yong zhongdeng lidao rou yi rou."

2. Standard 60-Minute Chinese Foot Massage (Zuliao) Timeline & Price Reference

- Mins 00-15: Steaming Mugwort/Ginger Herbal Wood Barrel Soak (42C) + Seated Neck & Shoulder Kneading
- Mins 15-48: Plantar Sole Reflexology (#1-#4) with warm lotion & Phoenix-Eye knuckle gliding
- Mins 48-60: Lower Calf & Dorsum Meridians (#5 ST-36, #6 SP-6, #7 LR-3) + Hot Towel Wrap (RMB 138-238 / $19-$33)