



COLLEAGUE'S VOICE

June 2025

Interview with Jean-Pierre Triadon by Vera Krijn

Jean-Pierre Triadon is a reflexologist from France who caught my eye because of his creative and insightful postings on FB. He has that singular ability to inspire others with his thoughts and emotions. Therefore, it was a pleasure to finally meet him in person during the RIEN conference in Yecla, Spain.

Vera Krijn



However, conferences are packed with activities and meetings, and there are just so many hours in a day, I just did not have enough time to get to know him and his views on our profession more in depth. Thus, I created this opportunity to get to know him and his vision while sharing it with you.

Dear Jean Pierre, your views and philosophies align on many levels with mine, for instance for both of us "words matter". How came this about for you?

Each word has a precise and specific definition on our dictionaries. They are suffused with distinct energy that evoke messages that need to be deciphered, because there is the potential that the recipient's interpretation differs from the sender's intent.



Words are stored in a dictionary like empty vessels in a harbor, and we need to be mindful “how” to use them. We must be conscious of the intent, especially as there can be different definition and interpretations. It’s important to be sensitive on how we deliver our message but can’t be responsible for how it is received. Our role is to be mindful and aware.

For example, when we talk about our reflexology, professional reflexologists collaborate in terms of acquired knowledge and skills. This is something that cannot be duplicated by unqualified people who misrepresent themselves as doctors or magicians and erroneous information. We must challenge these claims that are travesty that harm our profession. Each misused word, every unverified argument and ill-intentioned action in the name of reflexology, has a negative impact on the entire profession.

Tell us a little about yourself. Where do you live, work and what kind of practice do you have?

I was born and raised near Saint-Rémy de Provence and currently live in Fréjus, near Saint-Tropez. I work full time as a foot reflexologist, and in addition to my main practice in Fréjus, I also work in several other places that are shared with other CARE professionals in the southern region of France.

As a practitioner I am fully invested to improve the physical and emotional well-being of my clients. The focus of my sessions is “physical and emotional cleansing”. In other words, to assist the body’s natural waste removal system and the release of negative thoughts.

***Jean-Pierre
Triadon***

We live in an environment that is constantly changing through various stages and disturbances. My approach to reflexology is to adapt at each time when I perceive an imbalance and maintain the emotional and physical health of my clients.

Why and how did you become interested in this profession ? With whom did you study and how did you obtain your additional knowledge?

The reason that I got interested in reflexology goes back to the day of my rebirth. While I was working in photovoltaics, I fell 8 meters down through a skylight. Afterwards, I went through all the emotional stages from anger to fear, convinced that my life was over at 45. This was followed by acceptance and letting go of all fear and anxiety, I was alive. I believe that this fall is the cause for me to let go of life as I knew it, to an awakening and realization of the value of life. During my convalescence, I became fascinated with what was going on inside my body. All these changes in attitude, consciousness, values etc...

I started training in Neuro-linguistic programming (NLP) and Emotional Freedom Technique (EFT), and reading books about psychology, philosophy, and human sciences, I felt compelled to be of service. I started to see clients for (EFT) and sensed that to provide a more comprehensive global support, something was missing. It was during a conversation that I discovered foot reflexology, which led me to a professional training at the reflexology center of Jacqueline Labrosse, which is affiliated with the French Federation of Reflexologists. From the beginning I developed a keen interest in the work of my peers and colleagues. Their experiences sustained my work.

What are your biggest challenges, and how do you handle them?

For me reflexology is a real source of energy, both in terms of my personal development and how it affects those around me. I am involved with establishments and organizations that represent the profession at a national and European level. Our major challenge is to get reflexology recognized as a complementary discipline in the field of prevention, health support and well-being.

Challenge number one is to educate the public on how to discriminate between reflexology professionals and people who pretend to be a reflexologist, because they touch your feet. The public needs concise and clear information about our profession and how to distinguish a professional from a charlatan.

The other challenge lays with government bodies and professional associations to set up a framework that establishes homogeneity in our profession, as well as secure a balance between professional practices and administration, without creating constraints that could curb freedom of action. It is a collective endeavor where everyone can do their part.

You work a lot with emotions, who or what inspired you?

First and foremost, reflexology is about humans' interaction. When we are interested in others, we are affected by what they project and how they communicate. Emotional activity is a permanent fluctuation of vibrations that impacts organisms and its environment.

Emotions are the source of our behavior, thinking, attitude and choices. The foundation of literature and cinematography is to provoke an emotional response. If we consider that the law of nature states that "everything in life is vibration", emotions are the essence life.

What does a typical day (if such thing exists) look like?

This is a difficult question when you consider that every day is unique. However, my morning routine is waking up at 6 am every morning, even on weekends, to enjoy my first cup of coffee in peace and quiet. Then I go out for a walk to the beach and usually run 5 to 6 km along the sea. This morning ritual is to reflect and prepare for the day ahead. Mornings are full of promises to which I like to commit myself with an open mind. Upon my return home after work, I take a shower, have dinner and another cup of coffee. Many days includes short-term plans of things that I like to accomplish.

There are also client's appointments, social networks posts, phone calls with fellow volunteers from federal or professional organizations, and of course reading and leisure activities. Bedtime is usually very early, around 9 pm, reflecting on my day and closing the page with serenity. To sum up, I consider the morning full of potential, the day as space for exchange and communication and the evening as the time for relaxation.

Is or are there people who influenced you outside the reflexology profession, if so, who?

During my morning walks I listen to audiobooks. Each book and vision of different authors sustain me and feed my soul. It doesn't matter if it's philosophy, sociology, or personal development, I always find something that resonates with me. I am influenced by certain authors such as: Michel Odoul. Thierry Jansen. Deepak Chopra. Sun Tzu. Boris Cyrulnik; Don Miguel Ruiz.

Our background often shapes the way we practice, what did you do before you became a reflexologist?

I have a professional career dotted with many odd jobs. During my youth I worked as a waiter, on a farm picking fruit and vegetables, and some other jobs in different fields, but the common thread has always been human relationships. It was not so much the job; it was rather the people I was working with and interpersonal relationships. It was psychology and sociology 101 in the "school of life", which is the best exposure to many kinds of human relations. From the age of 30, I worked as a sales representative for large retailers in the multimedia sector, then in the photovoltaic field.

I love the way you define reflexology in France, could you elaborate?

We see reflexology as a discipline to be mastered, rather than a technique to be used. A technique is a series of gestures to be learned and chained together to obtain the same result. Reflexology requires additional skills in addition to touching the right spot. Professional reflexologists need to be able to focus on the need of their clients, able to listen and ask the right questions. They must know when to refer someone to the right professional if there is a problem is beyond his or her area of expertise.

We are working with the federation and union to supervise professionals and ensure compliance with the code of ethics of our profession, which is still unregulated.

Reflexology is a complementary natural discipline that is part of the preventive health and wellness professions. We work more in the field of health than in that of well-being, without being health professionals. I believe that reflexology occupies the space between wellness and medicine, enabling us to maintain the balance that is already there, to support that which is in the process of balancing itself, and to optimize the natural ability to return to equilibrium during medical treatment. I believe that no discipline is totally powerful.

If there is one piece of advice you have for our colleagues, what would that be.

"Be humble and open to discovery and never stop being curious about others and yourself."

What are your thoughts for the future of Reflexology in France?

In recent years, several professional reflexologists have joined multidisciplinary teams in medical facilities (oncology, geriatrics, pediatrics, etc.) and reflexology's contribution towards supportive and preventive healthcare is acknowledged by many healthcare professionals.

Currently, researchers, doctors and government administrative staff have formed a working group to validate various complementary disciplines, including reflexology, and disqualify others from the multitude of "complementary techniques" that is being offered under the heading of "alternative medicine". Unfortunately, until now, professional reflexology associations and union have been excluded from these meetings, which leads to fear that if reflexology would be validated by the medical world, its practice would be reserved only for healthcare personnel. We believe in defending our profession and don't want reflexology profession to be confiscated or reduced to just a series just techniques.

We believe that trained reflexology professionals can add real added value to the healthcare profession by improve the quality of life of their patients.

What do you do for fun?


I like walking and running in the morning and love to sing. I have a virtual karaoke application "SMULE". You can either sing by yourself or in duets with people from all over the world. I also love to listen to music and spend some time playing quality video games.

I also have a grandson who is five years old. His name is JADEN. He lives with his mother and loves PAPI's foot reflexology. He's curious and asks lots of questions about absolutely everything. I love our discussions because he stimulates my own curiosity. He's one of the best human relationships I've ever had.

Are there things you like to accomplish in this profession, if so, what are they?

I like to be part of the collective force to see the emergence of genuine cooperation between CURE and CARE professionals in a society aware that everyone has a role to play in public health.

To achieve this, I want us to increase our exchanges and publications, with the results on ongoing research studies and observations that will be conducive to the validation of reflexology.



Petit manuel pratique pour comprendre et soulager les symptômes

Approches réflexologiques et
méthodes naturelles

Jean-Pierre Triadon

What am I not asking you that I should?

I really enjoyed answering your questions. I really appreciate your initiative. Perhaps you could ask me, at the end of this interview, if I'd be willing to answer other questions or participate in some way in a project that you propose. The answer would be : With great pleasure, I am available, within the limits of my skills and abilities, to cooperate in any project that advances our cause.

Many thanks to you.

Jean-Pierre TRIADON