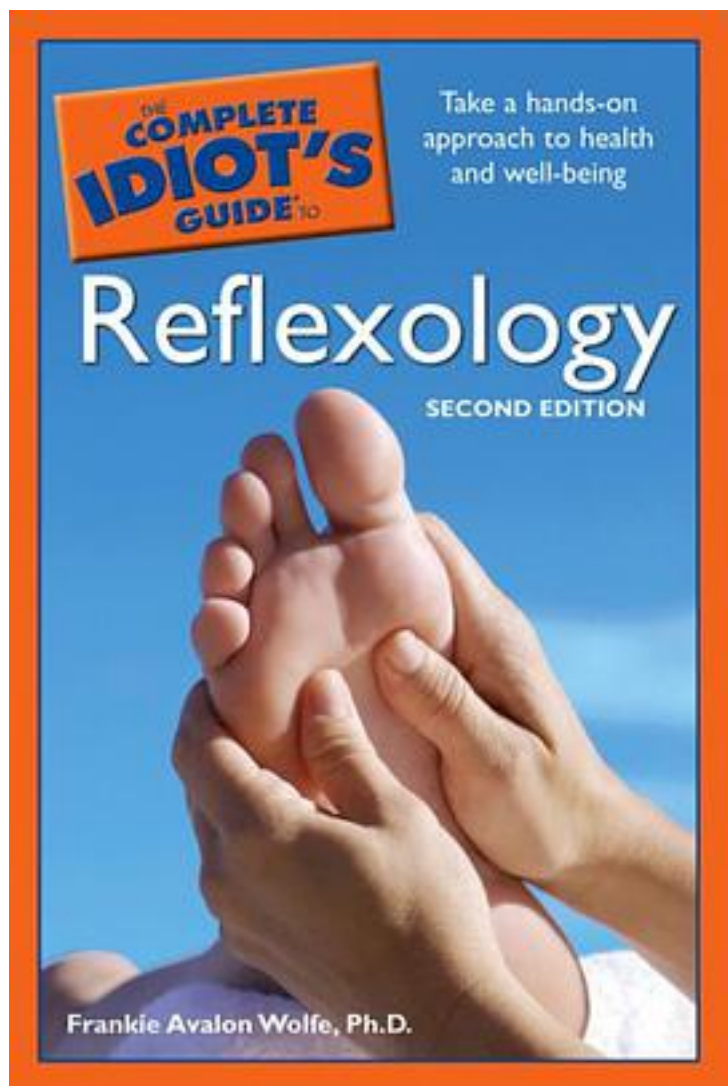


The Complete Idiot's Guide to Reflexology, 2nd Edition



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Healing bodies, one pressure point at a time. New and revised.

Reflexology is the massage of areas of the feet (and sometimes hands) that correspond to other parts of the body. It is used to discern and prevent health problems. This guide teaches readers about healing an ailing immune, digestive, nervous, or circulatory system. It also shows how to perform reflexology on oneself and on others, and how to combine aromatherapy and reflexology by using fragrant oils and lotions.

- New edition focuses on teaching readers to use reflexology to better their (and their loved ones') health
- Smaller trim size enables readers to follow instructions while practicing
- Updated to include the latest advances in reflexology

作者介绍:

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