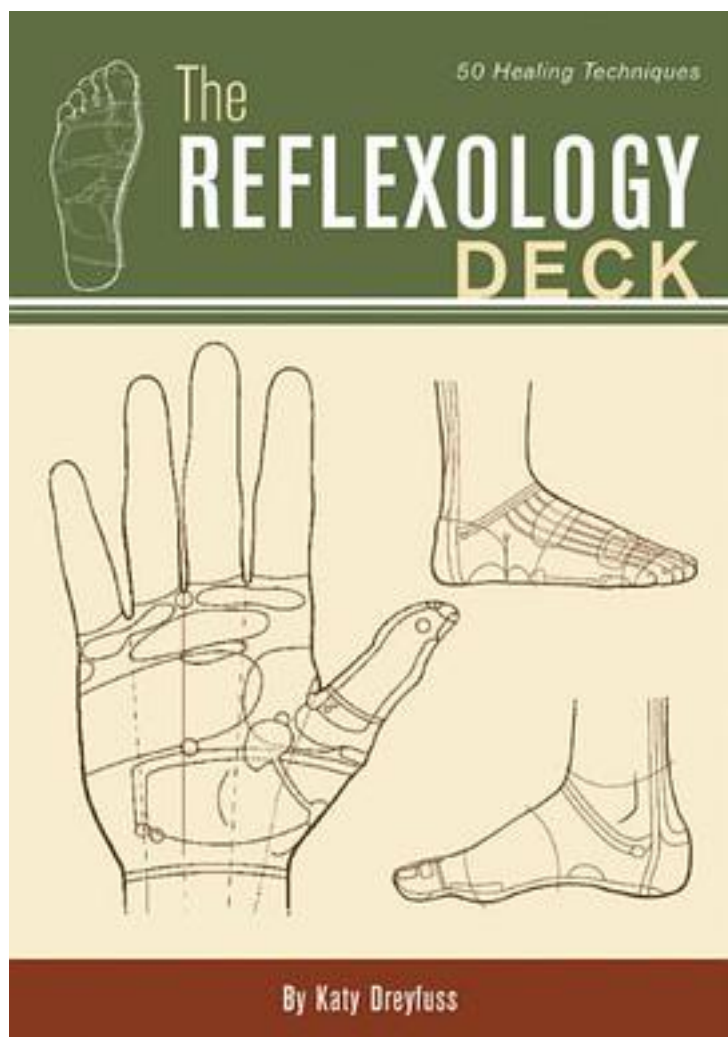


Reflexology Deck



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The Reflexology Deck features 50 easy-to-follow, beautifully illustrated cards to help

the body relax and reach its natural balance through basic reflexology practice, a massage therapy applied to the hands, feet, and ears. This portable, colour-coded deck includes instructions for specific massage techniques and power points, maps of reflex areas, and suggested reflexology sessions to relieve everyday ailments. Learn this hands-on therapy to heal yourself and others - reducing stress and tension, promoting energy flow throughout the body, and encouraging good health and well-being.

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