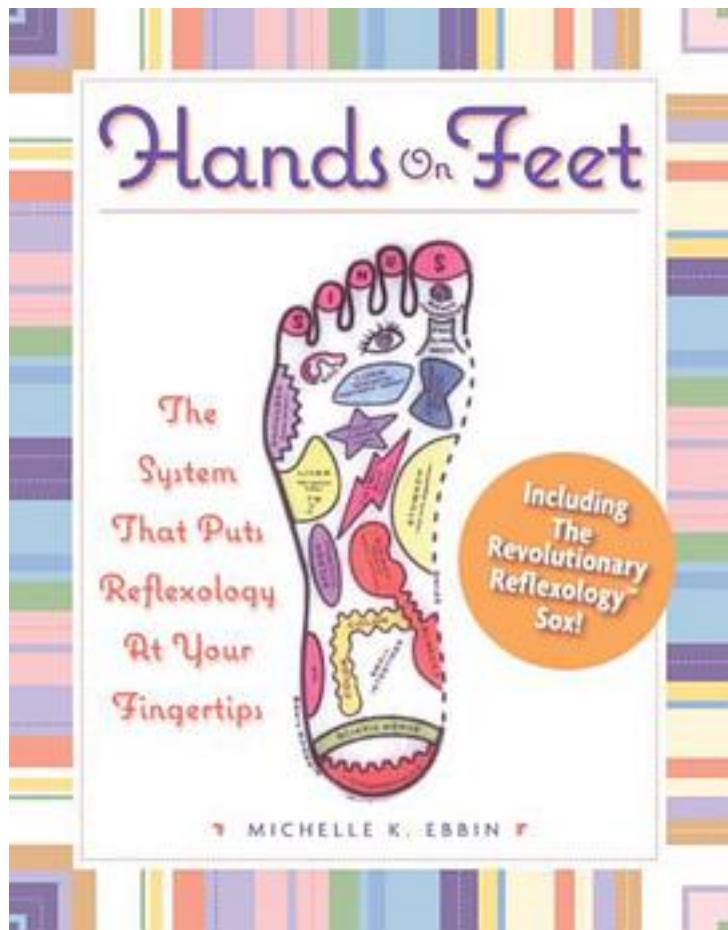


Hands on Feet



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著者:Ebbin, Michelle K.

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Includes the ideal tool for reflexology: a free pair of one-size-fits-all, unisex Reflexology Sox™—a \$20 value! Originally published in 2001, the bestselling Hands on Feet is now updated in a new user-friendly package that makes reflexology more hands-on than

ever! Reflexology foot massage can help reduce anxiety, target specific aches throughout the body, and create a sense of overall well-being. Michelle K. Ebbin, a Beverly Hills massage therapist to the stars, is an expert at relieving stress through this proven method. She explains her tried-and-true techniques with helpful diagrams and illustrations. The book also includes a pair of Ebbin's patented Reflexology Sox™ that often sell by themselves for as much as the price of this innovative package. They illustrate, in colorful detail, which part of the foot should be manipulated in order to relieve symptoms of PMS, fatigue, and other common ailments. Great for yourself or to use with a partner, this package puts healing in your hands!

作者介绍:

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