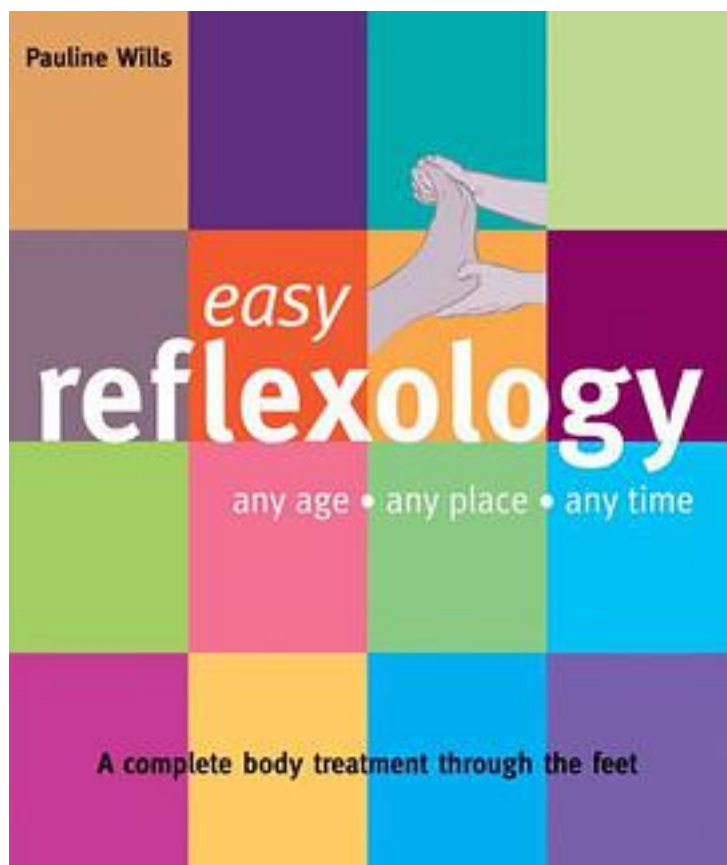


Easy Reflexology



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Reflexology is a holistic healing therapy that uses pressure and massage techniques to work on reflex points on the feet or hands. By releasing energy blockages, reflexology is able to relieve stress and tension and alleviate aches and pains, allowing the body to return to optimum health. This practical guide presents a complete reflexology treatment for the body in simple steps. Divided into sections according to body

reflexes, the treatment program is easy to follow, with detailed captions and handy reference diagrams highlighting the reflex area or point being worked on in each step. The introductory section of the book explains how reflexology works and covers the different pressure-point and massage techniques used, so that readers can learn the principles before they begin treatment. Thereas also advice on the best way to give a treatment, plus a few preliminary exercises to alleviate any stiffness in the recipientas joints and aid the release of energy blocks.

作者介绍:

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