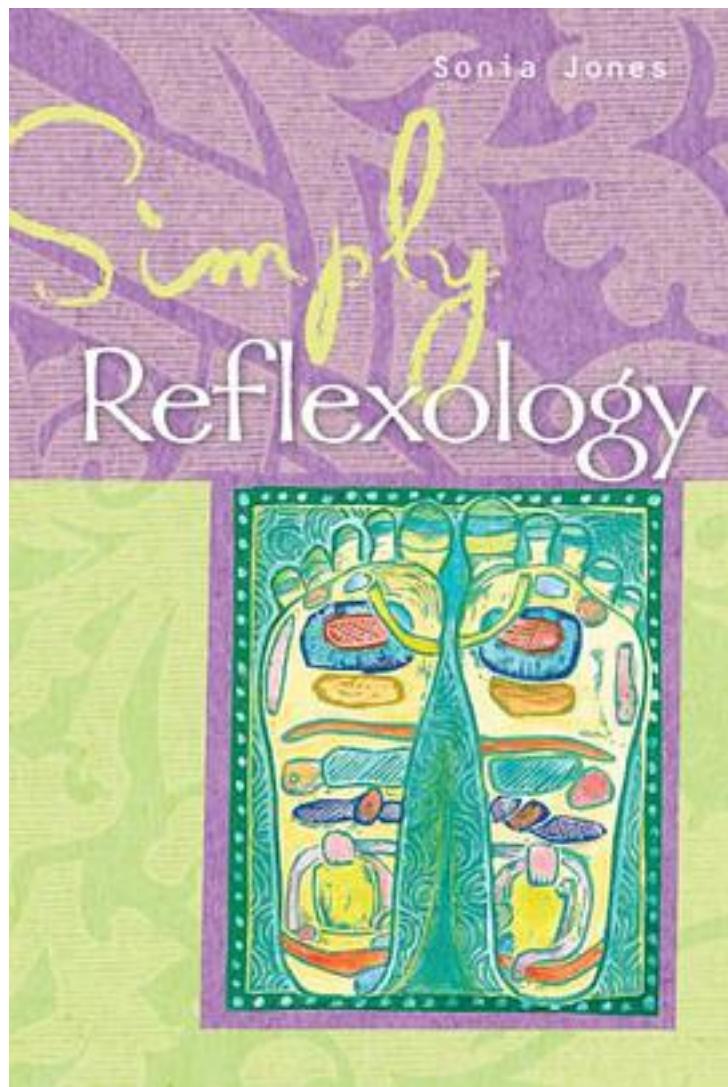


Simply Reflexology



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著者:Jones, Sonia

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Reflexology is an ancient healing system that helps relieve existing health conditions as well as detect future ailments. Simply(R) Reflexology introduces the history and basics of this form, from beginner's techniques to more specialized treatments and the use of aromatic oils. Discover which areas of the feet and hands correspond to the body's tissues, glands, and organs; how much pressure to apply and when not to proceed at all; and how to get started indulging friends, family, and even yourself, or move on to your own practice. Detailed instructions guide you through each step of the process and helpful hints throughout provide additional insight.

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