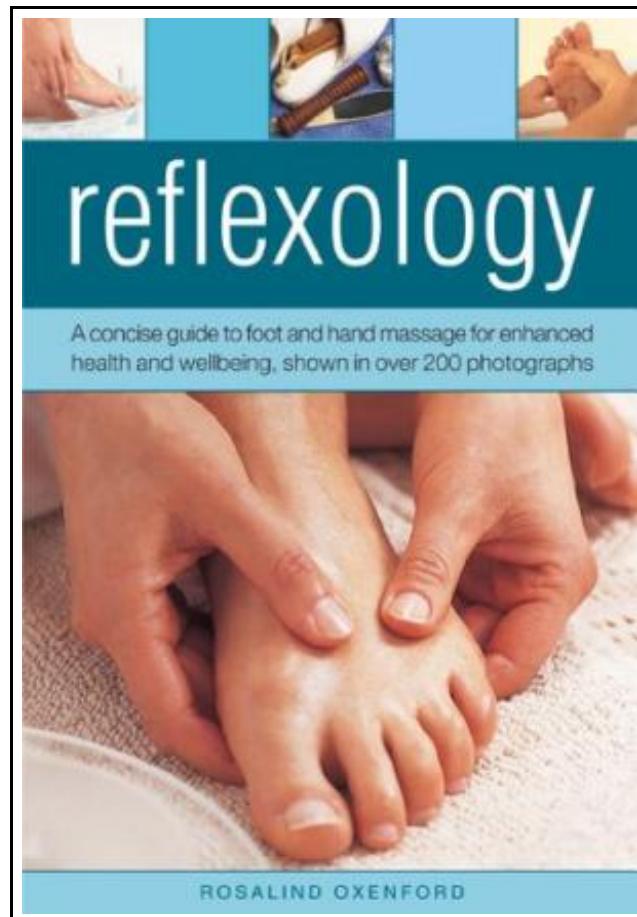


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Reflexology: a Concise Guide to Foot and Hand Massage for Enhanced Health and Wellbeing, Shown in Over 200 Photographs, Rosalind Oxenford, This is a concise guide to foot and hand massage for enhanced health and wellbeing, shown in over 200 photographs. It describes a complete healing session on the hands and feet with step-by-step routines. It is complete with detailed maps of the body's reflex points and zones. It includes specially devised sequences to energize or relax the body, alleviate stress, relieve pain and aid restful sleep. It recommends easy and effective treatments for common ailments, including colds, headaches, tension and nausea. Our hands have always been a means of caring and comforting, and using our hands to release tension in our bodies is something we do instinctively. In reflexology, you can use your fingers to apply pressure to certain points on the feet, or sometimes on the hands. The word 'reflex' means to reflect, and the pressure points on the hands and feet reflect all the parts of your body, both internal and external. This book explains how reflexology works, and includes step-by-step techniques. It contains sequences to boost energy levels, relieve different types of pain, relax muscles and improve immunity, making it the ideal guide to enhancing your physical and mental health.

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