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Foot Reflexology Map dummies

By Synthia Andrews, Bobbi Dempsey . Part of Acupressure and Reflexology For Dummies Cheat Sheet . Your feet are full of acupressure and reflexology points. The following illustration shows each foot and its reflexology sites. Note that the feet are not mirror images of each other when it comes to reflexology, although they share many characteristics

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Massage Wikipedia

Massage is to work and act on the body with pressure. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain.

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Anma Wikipedia

Anma was popularised in the seventeenth century by acupuncturist Sugiyama Waichi, and around the same time the first books on the subject, including Fujibayashi Ryohaku's Anma Tebiki ("Manual of Anma"), appeared. The Fujibayashi school is the foundation of modern anma. Anma (masseurs) were often nomadic, earning their

keep in mobile massage capacities, and paying commissions to their referrers.

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