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Reflexology for Everyday Living

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Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Reflexology for Everyday Living, Details quick and easy reflexology treatments to fit in to any busy schedule. This work includes simple to follow, step-by-step instructions and comprehensive charts mapping reflex points. It also contains detailed hand treatments that bring immediate relief to a wide range of common ailments including headaches, back pain, low energy levels and indigestion in addition to detailed foot treatments for longer-term or more serious conditions such as allergies, depression, sinusitis, migraines and high blood pressure. It provides general self-help advice, to complement reflexology, including breathing suggestions, aromatherapy and energy rich diet ideas.



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