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Reflexology, The Definitive Practitioner's Manual. Beryl Crane The name kinda gives this one away too, its an awesome book for a serious reflexologist.

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Reflexology: The Definitive Practitioner's Manual by Beryl Crane is an amazing resource. A must have book for all Reflexology students and those interested in Reflexology. Concise text, clear pictures. I would recommend this book to anyone and am grateful to have it in my library.

Reflexology: The Definitive Practitioner's Manual

What reflexology feels like. Experiences with reflexology sessions vary from a general feeling of relaxation, to a sense of "lightness" or tingling in the body, as well as feelings of warmth, a sense of "opening," or "energy moving" from the practitioner's pressure to the specific body area or organ.

What Can I Expect in a First Reflexology Visit? | Taking ...

In this form of massage therapy, practitioners use their hands, knees, legs and feet to apply deep muscle compression and stretch the body. It's often performed on a mat on the floor instead of on a massage table. Like most forms of massage, Thai massage is used to relieve stress, improve range of motion and enhance flexibility.

The 10 Best Reflexology Practitioners in Westfield, NJ 2019

This reflexology text includes coverage of such topics as: the art and practice of reflexology; the physiological and energetic theories of reflexology; the mapping of organs and body systems onto the foot; hand reflexology; taking case histories and patient care; and running a successful practice.

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