



Reflexology: Learn How to Use Reflexology with Easy Techniques and Simple Instruction

By Tatyana Williams

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Reflexology Learn How to Use Reflexology With Easy Techniques and Simple Instruction When referring to reflexology people are talking about the process of applying pressure to specific areas of the hands and feet or even the ear. In essence, it is a form of therapeutic massage, based on the theory that there are pathways from the hands, feet and ears to other parts of our body, through which we can direct positive, healing energy. Neither lotion nor oil is used in the practice and the ways by which the pressure is applied depends upon the area you are trying to address. The idea is that certain areas of the ears, feet and hands, known as reflex points, correspond to organs and limbs on the body. Massaging the correct spots on the ear, foot or hand in the right way is believed to relieve pain in those matching areas of the body. Reflexology Here Is A Preview Of What You Will Learn. Understanding Reflexology Reflexology Basics How to Get Started The Foot Reflexology Map The Hand Reflexology Map The Ear Reflexology Map Five DIY Techniques Self...



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