

THE REFLEXOLOGY WORKOUT  
RICK & AERO

STEPHANIE RICK

# THE REFLEXOLOGY WORKOUT

WITH ILLUSTRATIONS  
BY RITA AERO

Hand & Foot Massage  
for Super Health & Rejuvenation

# Reflexology Workout Hand And Foot Massage For Super Health And Rejuvenation

**Clemens Wendtner**



## **Reflexology Workout Hand And Foot Massage For Super Health And Rejuvenation:**

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Massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety boost immunity and alleviate pain The World's Best Massage Techniques presents the most effective massage and bodywork techniques from around the world many of which have been used for thousands of years to soothe stress and tension alleviate discomfort and give pleasure This beautiful hands on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation stress relief and wellness Swedish Massage Kneading strokes lengthen tense muscles Hot Stone Massage Heated flowing movements penetrate tight knots Thai Yoga Massage Assisted stretches bring the body into alignment Reflexology Focused pressure activates energy meridians Lomi Lomi Sensuous strokes calm the body and mind Tantsu Close body to body contact creates intimacy Polarity Gentle rocking movements loosen muscles and joints Shiatsu Small compressions reduce pain and aid injury recovery Color photography and step by step layout make techniques understandable and immediately applicable With The World's Best Massage Techniques you can use the world's most exciting bodywork techniques in your own home

The Reflexology Workout Stephanie Rick, 1995 With more than 66 000 copies sold The Reflexology Workout is a perennial favorite among readers interested in holistic and alternative medicine With a striking new cover design it will capture fresh attention on the shelves Black and white photographs *Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome* Mari Skelly, Andrea Helm, 1999

Describes the effectiveness of tai chi yoga acupuncture massage and chiropractic

*Care Through Touch* Mary Ann Finch, 1999-01-10 Most statements about embodied spirituality have been cerebral and abstract presented from a theological or philosophical point of view This massage manual seeks to give the reader an experience of embodied spirituality The introduction situates massage the art of anointing within the framework of Christian spirituality and then proceeds to en flesh that through the meditative quality of the massage sequences through the graphic and sensitive portrayal of vulnerability among the various men and women who volunteered to be the models in the sequences and last but not least through the visible devotion of the massage therapists **Did Adam and Eve Have**

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