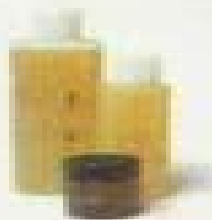


Reflexology



*A practical
introduction*



Denise Whichello Brown

Reflexology

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1999

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Reflexology Inge Dougans, 1998 Reflexology is a form of therapeutic foot massage This book provides instructions for both the basic and more advanced reflexology techniques for restoring balance preventing illness and assisting relaxation

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Reflexology for Beginners David Vennells, 2001 Provides the history of the alternative therapy known as reflexology along with step by step instructions for practicing the various techniques of foot massage *Emotional Reflexology a Practical Guide 2nd Edition* Jenny Talkington, 2021-02-15 Emotional Reflexology A practical Guide second edition by Jenny Talkington Jenny is a reflexologist workshop leader and artist with over 20 years of experience After completing her initial reflexology training at The Oxford School of Reflexology in 1998 she had an excellent grounding in reflexology that covered not only the physical aspects of Reflexology but it s emotional aspects too Since then through treating her colleagues it became apparent that the basic one year training available no longer incorporated what Jenny took for granted regarding the emotional links and she was constantly being asked about them She was asked by many to write down what she clearly and accurately saw and felt on the feet So she published her first book in 2010 and has run workshops on her first book As a result Jenny has developed and tested her theories on the emotional links even further In this second edition Jenny explains her theories and ideas on the deeper dimensions to a reflexology treatment and offers suggestions and tips to help your clients even more This book is written to help my fellow reflexology colleagues and anyone who is interested in reflexology to gain a deeper understanding of the emotional links that can be found on the feet and how to help balance them More information is available via www.jennytalkington.co.uk *The Everything Reflexology Books* Valerie Voner, 2003-10-01 Now you can bring relief and comfort to yourself and others with easy to follow reflexology techniques The Everything Reflexology Book walks you through the basic principles of this ancient practice and teaches you how to use the healing power of touch right in your own home Provides professional instruction on how to Utilize thumb walking knuckle presses clapping and other touch

techniques Identify the zones and meridians that correspond to specific body parts Alleviate ailments through foot reflexes
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