

THE REFLEXOLOGY GUIDE



*Step By Step Practical
Guide to Basics and Techniques
of Hands-On and Foot
Reflexology and Body Massage*

Maynard Alpert

Reflexology A Practical Guide

Leslie Stager



Reflexology A Practical Guide:

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 its 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 *Reflexology* Carol Gilbey, 1997 **Emotional**

Reflexology Jenny Talkington, 2010-03 This guide is for any student or highly qualified and experienced Reflexologist The emotional balance of a client is as important as any physical imbalances In her extensive training and experience Jenny has noticed and tested her theories on hundreds of individuals and after over a decade of experience has distilled and now shares with you her findings This clear step by step guide will show the reflexes on the feet or hands that relate to particular emotional states and then offers suggestions and ideas as how to best help the client regain their own equilibrium

Reflexology Rosalind Oxenford, 2007 By applying finger pressure as illustrated in this book everyone can learn to reduce stress relieve pain and enhance both their own bodies and their partner's There is an introduction to the history and theory behind reflexology as well as clear foot and hand charts which indicate the reflex zones and points for the reader to follow

The Reflexology Guide Maynard Alpert, 2020-09-15 THE REFLEXOLOGY GUIDE Step By Step Practical Guide to Basics and Techniques of Hands On and Foot Reflexology and Body Massage Reflexology is a sort of back rub that includes applying various measures of strain to the feet hands and ears It depends on a hypothesis that these body parts are associated with specific organs and body frameworks Despite the fact that reflexology isn't utilized to analyze or fix infection a great many individuals around the globe use it to supplement different medicines when tending to conditions like tension asthma disease treatment cardiovascular issues diabetes cerebral pains kidney capacity PMS and sinusitis In this book everything you need to know about basics and techniques of hands on and foot Reflexology and body massage is discussed GET YOUR COPY TODAY *Reflexology* Carol Gibley, 19?? [The Complete Guide to Reflexology](#) Ruth Hull, 2023-01-17 A full color illustrated and comprehensive study guide for reflexology Provides detailed and accurate anatomical drawings zone and

reflex maps and muscle tables Offers extensive basic pathology of all body systems including case studies Ideal for students of reflexology up to levels 2 and 3 exceeds the curriculum requirements of all the major awarding bodies Includes a study outline for each chapter as well as review and multiple choice questions Reflexology is a gentle non invasive therapy that encourages the body to balance and heal itself It involves applying finger or thumb pressure to specific points on the hands and feet Called reflexes these points reflect or mirror the organs and structures of the body as well as a person s emotional health In this way the hands and feet are mini maps or microcosms of the body that can be used to encourage holistic healing Presenting the most complete reflexology study guide available this full color illustrated textbook is designed for use both in the classroom and as a home study resource Ideal for students of reflexology up to levels 2 and 3 it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology Providing detailed and accurate anatomical drawings zone and reflex maps and muscle tables the book outlines each body system explaining how when and why to work the reflexes It explores foot reflexology hand reflexology as well as meridian therapy and offers extensive basic pathology of all body systems including case studies allowing the student to develop interpretive diagnostic and treatment planning skills Each chapter also includes a study outline as well as review and multiple choice questions Offering a comprehensive guide to the theory philosophies and history of reflexology this book will encourage students to develop understanding and confidence in their reflexology practice

Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager,2020-06-30

urturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant laboring and postpartum clients The author is a highly skilled perinatal massage instructor who is also a registered nurse childbirth educator and doula

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

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 Balance energy flow throughout the body

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