

# Reflexology

A PRACTICAL INTRODUCTION



INGE DOUGANS

A UNIQUE APPROACH  
USING CHINESE MERIDIAN  
THERAPY

# Reflexology A Practical Introduction

**INGE DOUGANS**



## **Reflexology A Practical Introduction:**

**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

**Reflexology** Denise Whichello Brown,1999      *Hand Reflexology* Denise Whichello Brown,1999      **Reflexology** INGE DOUGANS,2016-01-28 Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines or acupuncture meridians In this clearly written introduction to the subject Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance prevent ill health and assist relaxation Learn how reflexology and the meridian theory work Follow the illustrated step by step reflexology techniques Use reflexology to balance the body s functions Improve the body s circulation and general health      **Hand Reflexology** Denise Whichello Brown,2002 Hand reflexology is becoming increasingly popular and has the added advantage that it can easily be performed on yourself This book is a comprehensive introduction to the theory and practice of this ancient healing art with practical techniques a section on essential oils for the hands and an A Z list of hand reflexology for common ailments      *Hand Reflexology* Denise Brown,1999-10-01

*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](http://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  
Balance energy flow throughout the body      **Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition** Leslie Stager, 2020-06-30  
Nurturing 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 A Practical Introduction** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Reflexology A Practical Introduction**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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