



The Self-Help Reflexology Handbook: Easy Home Routines for Hands and Feet to Enhance Health and Vitality (Positive Health)

Sonia Ducie

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Reflexology is a complementary healing technique, second only to aromatherapy in popularity. The feet and hands are a 'map' of the organs of the body. Reflexology can be used to relieve symptoms and as a preventative health measure. It involves applying pressure to reflex points on the hands and feet, each point relating to a part of the body. The book explains how easy it is to use reflexology techniques every day at home, without a practitioner, to enhance your health and well-being. Part 1 illustrates basic reflexology techniques and explains how to apply them. Part 2 includes easy step-by-step routines especially devised to help improve confidence, build strength, relax, increase vitality, enjoy better sex, boost metabolism and speed up detoxification. Part 3 includes 22 common health problems such as headaches, toothache, backache, travel sickness and panic attacks and provides techniques for dealing with them. Devised with everyday health in mind, this book has something for everyone.

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