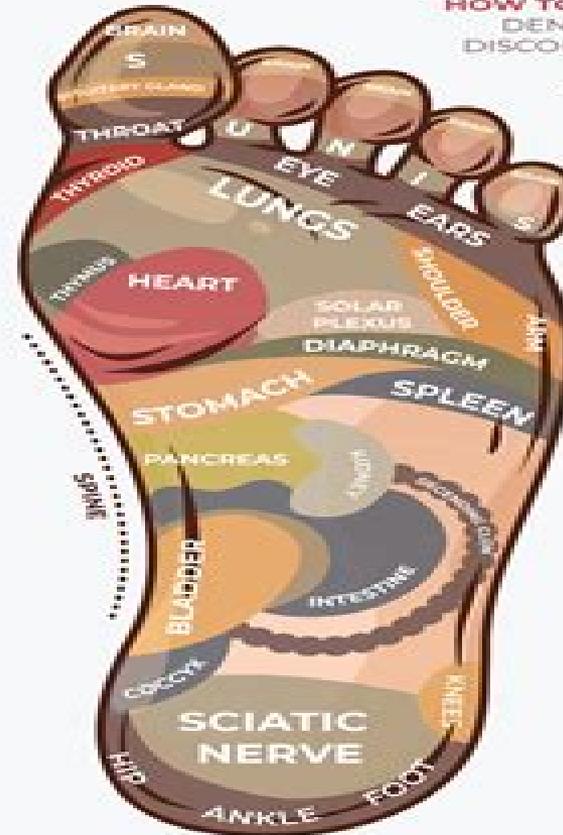


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THE ULTIMATE CHART FOR FOOT REFLEXOLOGY ENTHUSIASTS

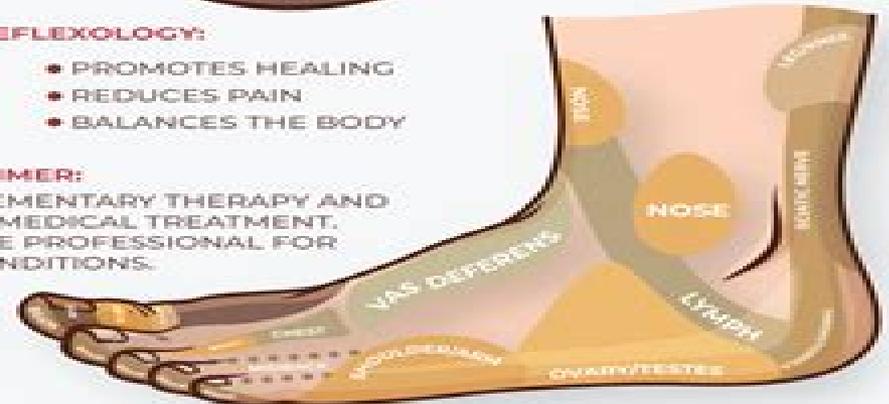
WHAT IS REFLEXOLOGY

REFLEXOLOGY IS AN ANCIENT PRACTICE THAT INVOLVES APPLYING PRESSURE TO SPECIFIC POINTS ON THE FEET, HANDS, OR EARS TO PROMOTE HEALTH AND WELLNESS BY STIMULATING THE BODY'S NATURAL HEALING PROCESSES.



HOW TO USE THIS CHART

IDENTIFY THE AREA OF DISCOMFORT OR FOCUS. LOCATE THE CORRESPONDING POINT ON THE CHART. GENTLY PRESS AND MASSAGE THE AREA TO RELIEVE STRESS AND IMPROVE OVERALL WELL-BEING.



BENEFITS OF REFLEXOLOGY:

- RELIEVES STRESS
- PROMOTES HEALING
- IMPROVES CIRCULATION
- REDUCES PAIN
- ENHANCES RELAXATION
- BALANCES THE BODY

DISCLAIMER:

REFLEXOLOGY IS A COMPLEMENTARY THERAPY AND NOT A SUBSTITUTE FOR MEDICAL TREATMENT. CONSULT A HEALTHCARE PROFESSIONAL FOR SERIOUS CONDITIONS.

Feet First A Guide To Foot Reflexology

SA Dillow



Feet First A Guide To Foot Reflexology:

Feet First Laura Norman,1988-11-15 Argues that the healing powers of the body can be tapped by applying pressure to the feet and discusses the practice of reflexology *Modalities for Massage and Bodywork* Elaine Stillerman,2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today s massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales Suggested readings resources and references in each chapter offer robust resources for you to further research each modality Clinically relevant boxes and tables highlight important information NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work NEW Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective NEW Updated content photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students NEW Critical thinking questions added to each chapter actively engage and challenge your reasoning skills NEW Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge [Massage Therapy - E-Book](#) Susan G. Salvo,2015-03-25 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo s *Massage Therapy Principles and Practice* 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage

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additional information *Natural Foot Care* Stephanie L. Tourles,1998-01-08 Treat your feet with your own homemade and
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stretch your feet Take a natural step toward soft skin and strong soles and discover how good your feet can feel *The
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talked your way to getting dates and now think you ve found that special someone But when it comes to understanding how
to stay together with the love of your life you start reaching for the glue Forget the messy adhesives The Complete Idiot s
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