

REST AND RELAX WITH REFLEXOLOGY



LEARN ALL ABOUT YOUR BODY
AND HEAL THROUGH REFLEXOLOGY

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Foreword

Reflexology may be defined as a practice of applying pressure to the feet and hands using thumb, finger, and hand techniques without the use of oils, creams, or lotions. Based on a system of zones, that reflects an image of the body on the feet and hands which in turn effects the physical changes made in the body.



Rest And Relax With Reflexology

Learn All About Your Body And Heal Through Reflexology

Chapter 1:

The Basics On Reflexology

This is a popular form of detecting and addressing any possible ailments, illnesses, or diseases the body may be undergoing. In ancient times this method was used to ensure that any possible negative problems in the body are arrested before it progresses to a point where it would be difficult to treat.

