
Reflexology for Beginners book. Read 3 reviews from the world's largest community for readers. You can treat specific ailments and promote overall well... Start by marking "Reflexology for Beginners: Healing Through Foot Massage of Pressure Points" as Want to Read: Want to Read saving... Want to Read. Currently Reading. Read. Other editions. Enlarge cover. See more ideas about reflexology, foot reflexology, reflexology massage. Reflexology Book - "Press Here! Reflexology for Beginners: Foot Reflexology: A Practice for Promoting Health" by Stefanie Sabounchian. Every part of your body has a corresponding reflex point on the feet. #reflexology #reflexologybook. Reflexology Benefits Reflexology Massage Foot Reflexology Chart Foot Massage Body Therapy Massage Therapy Foot Chart Chakra Chart Acupressure Treatment. Store. How to Read a Hand Reflexology Chart. Reflexology is the application of pressure to specific points on the body in order to benefit the internal organs or other areas within the body. The principle behind reflexology is that the body will In foot reflexology, areas and points on your feet correspond to other parts of your body. Reflexologists will press on a particular location on your feet to provide relief elsewhere in the body. For instance Reflexology: The Definitive Practitioner's Manual by Beryl Crane. Reflexology for Beginners: Healing Through Foot Massage of Pressure Points by David Vennells. The Complete Guide to Foot Reflexology by Kevin Kunz and Barbara Kunz. The Everything Reflexology Book by Valerie Voner. The Joy of Reflexology by Ann Gillanders. The Reflexology Atlas by Bernard C. Kolster and Astrid Waskowiak. Reflexology for Beginners : Healing Through Foot Massage of Pressure Points. by David Vennells. No Customer Reviews. This natural, time-proven healing practice is as simple as gently massaging specific areas of the foot to balance, cleanse, and renew your energy. This friendly introductory guide includes practical advice, case histories, and illustrated, step-by-step instructions. Reflexology for Beginners makes it easy for anyone to immediately begin to enjoy the mental, emotional, and Read Full Overview.