

reflexology hand pdf

Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a pseudoscientific system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical ...

Reflexology - Wikipedia

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You can use hand reflexology yourself to relieve the symptoms of headaches, congestion and sore shoulders. The reflexologists requires you to apply more pressure than you would use on your feet because the reflection points in your hands are much deeper.

12 Steps: How to Apply Reflexology to the Hand (with Pictures)

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Reflexology is a safe and gentle therapy that uses pressure points to combat stress, boost the immune system, and stimulate the natural healing process.

Reflexology (Idiot's Guides): Bill Flocco: 9781615646548

The Chinese Medicine Acupressure Ring John Robertson ~ January 2011 What are acupressure rings? The "Chinese Medicine Acupressure Ring"™ also known

The Chinese Medicine Acupressure Ring - 7starsma.com

Page 1 of 3 Red Root Chakra ± Your Body's Intelligence Centre If you are not consciously aware of why a

chakra is under or over active, it means that you do not understand how to use this chakra 100%.

Red Root Chakra Your Body's Intelligence Centre

Price List Back Massage Back Massage Treatment Golfer's Massage " Back and Feet Treatment Full Body Massage Hot Stone Massage Reflexology Hair and Scalp Treatment Body Glow Exfoliation

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HAIR DESIGN HANDS & FEET Natural Nails - Studio 2000 Spa

About Paraffin Therapy Page 3 F. " much higher than what is comfortable using hydrotherapy, which is usually at about 108-110° F. With hot packs, there is the risk of

123 North Second Street, About Paraffin Heat Therapy

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Raw Divas 7 Day Detox Pdf - Does Ultra Body Garcinia

Massage is to work and act on the body with pressure. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain.

Massage - Wikipedia

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