

Weekend Reflexology

Sonia Jones

Reflexology Massage Monika Schaefer, 2008 Reflexology dates back to ancient Egypt, China, and India, but this age-old massage technique offers powerful benefits for today. Reflexology divides the feet and hands into zones, where specific nerves within these extremities are directly linked to other areas of the body. By massaging, stretching, and otherwise manipulating these zones in focused patterns, practitioners can greatly reduce stress and improve energy flow to the affected areas. More than 100 color photographs and diagrams show exactly how to achieve great results. Beginning with session preparation, the instruction moves into proper grips and soothing holds, gentle pinching techniques, and manipulation for all five critical zones for hands and feet. A section on self-massage and tips for creating shorter massage programs are also provided.

The Reflexology Manual Pauline Wills, 1995-10-01 An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs. Reflexology harnesses the body's healing energy by stimulating specific pressure points on the hands and feet, alleviating the energy blocks that can cause pain or disability and restoring optimum health. In *The Reflexology Manual*, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step. Full-color illustrations throughout. Detailed diagrams of pressure-point zones on the hands and feet. Clear explanations of how to work with the energy meridians. Ideal for beginners as well as experienced students of reflexology.

Medical Applications of Reflexology Kevin Kunz, Barbara Kunz, 1999-05

Acupressure and Reflexology For Dummies Synthia Andrews, Bobbi Dempsey, 2011-02-10 Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help

Hand Reflexology Mildred Carter, Tammy Weber, 2000-02-01 Now you can achieve lasting relief from your aches, pains, and illness by unlocking the healing energies already present within your body—quickly and easily, with the help of the centuries-old secrets of reflex message. Completely revised and updated, *Hand Reflexology* guides you step-by-step through the simple finger-pressure techniques that send soothing relief surging to the sources of pain and discomfort. This modern health classic helps you access the reflex centers where pain begins, and shows you how to make it disappear with a touch of a finger – all without resorting to expensive drugs, difficult therapies or invasive surgery. You'll also learn how to apply these health-restoring therapies to other adults, small children, even pets. Presented in clear, easy-to-understand language and accompanied by over 100 new illustrations, these techniques have long been proven effective in relieving a wide variety of ailments and conditions.

Right Brain/Left Brain Reflexology Madeleine Turgeon, 1993-11 This self-help guide helps you identify right- or left-brain dominance, and suggests color, sound, and pressure-point techniques to bring both sides into balance.

Press Here! Hand Reflexology for Beginners Stefanie Sabouchian, 2021-05-11 Hand reflexology is a non-invasive natural health approach, perfect for anyone to use on the go. In *Press Here! Hand Reflexology for Beginners*, colorful illustrations and clear instructions show simple but powerful techniques to add to your daily routine. Practicing hand reflexology on yourself can help you achieve your goal of natural, holistic healthcare without the expensive weekly treatments. Hand reflexology, unlike the more common foot reflexology, is easy to incorporate into your wellness routine because it can be used anywhere—from riding the bus or listening to a lecture in class to enjoying a party. This fun, easy, and accessible introduction to self-care through hand reflexology teaches the fundamental principles of reflexology and guides you through the reflex map of the hands, where every part of our body has a corresponding reflex point. Follow the illustrations and simple instructions to quickly learn techniques to use daily for overall good health and a balanced body and mind. In addition, guided techniques help you learn how to use reflexology for specific health issues, organized by ailments. The *Press Here!* series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other *Press Here!* topics include massage, reiki, and acupressure.

Reflexology Plain & Simple Sonia Jones, 2017-12-31 Reflexology is a system of pressure and massage, a whole-body therapy that is applied through the feet and sometimes the hands. A healing therapy that has been practiced for thousands of years, reflexology works on many existing health conditions while also detecting potential future ailments. The treatment works with areas in the feet and hands that correspond to the body's tissues, glands, and organs, and activates the self-healing response within the body. Reflexology can heal every part of the body, and it can heal the mind and soul as well, so it is a useful treatment for emotional distress.--Page [4] of cover.

Secrets of Reflexology Chris McLaughlin, Nicola Hall, 2017-03-02 Derived from methods of foot massage used in some ancient societies, reflexology as we know it today was popularized in the 20th century. It involves the application of pressure to specific energy zones of a subject's feet and hands by a practitioner, to pinpoint and treat health problems. If the flow in a zone is blocked or out of balance, it could affect the part of the body that particular reflex area relates to. Using this pocket guide, learn to identify the longitudinal and transverse zones in the feet and hands, and how to apply pressure to specific points in order to alleviate physical symptoms, promote energy flow around the body, and encourage good health.

Healing Yourself with Foot Reflexology, Revised and Expanded Mildred Carter, Tammy Weber, 2002-07-01 Mildred Carter's reflexology techniques have helped millions of people all over the world live happy, healthy lives, gloriously free of pain and discomfort. Simple, safe, and effective, her time-tested methods of rubbing, pressing, stroking, and massaging away illness provide blessed relief from dozens of ailments. Now, you too can join over 550,000 readers who have already benefited from Mrs. Carter's natural way to good health in *Healing Yourself with Foot Reflexology*. Revised and updated with seven completely new chapters and over 100 illustrations, this easy-to-use guide reveals how you can utilize simple foot reflex massage techniques to achieve quick, natural relief from such common ailments as: • Arthritis • Back pain • Bronchitis • Eye problems • Fatigue • Heart problems • Leg cramps • Menopause problems • Prostate problems • Sciatica • Sore throat • Stress • Ulcers • And many more! Dozens of helpful charts and line drawings pinpoint the strategic reflex points in the foot that connect to the heart,

the major organs, the glands, and the nervous system, and show you, step by step, how to employ foot reflexology to both relieve specific illnesses as well as boost your general health and vitality. Read remarkable case histories of men and women who eliminated their pain and suffering with the help of Mrs. Carter's natural science techniques. As thousands of satisfied people can attest, the powerful healing forces of reflex therapy will put you on the road to renewed health, vigor, and youthfulness!

The Complete Guide to Precision Reflexology 2nd Edition Jan Williamson, 2014-09-08 This edition provides a complete guide to precision reflexology, covering the basic techniques and knowledge and now includes a new chapter on the latest advanced techniques which have developed in recent years by the author. Redesigned into a user friendly format. Photos have been updated throughout. This text is appropriate for those practitioners already using this technique and for those who have yet to discover it. Precision Reflexology holds the same rationale as other forms of reflexology. It focuses on stimulating reflex points on the feet to maintain good health. Precision work connects to a person energetically, responds to the needs of each individual and aims to maintain natural balance. It does not rely on physical pressure but, at the same time, it can be powerful and effective. It can be taught in its own right or it can be adapted to enhance other forms of reflexology in post-graduate training. It provides an added dimension to a treatment and reflects an Eastern approach to healthcare. This book offers a step-by-step guide, with illustrations and charts for its application.

Reflexology Made Easy Ewald Kliegel, 2015-09-15 Rapid relief for minor ailments Reflex zone massage can be a direct and effective aid for many small daily complaints, but you have to learn 'the how' and 'the where'. This handy reference book explains just how to find relief from headaches, colds and fear of flying, along with coping with long car journeys or lengthy days at your computer, all with just a few reflex zone massage strokes. You'll never want to be without your helpful companion!

Holistic Reflexology Ewald Kliegel, 2018-10-16 A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing • Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso • Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing • Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso. The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions, including the benefits of crystal massage for post-stroke recovery. Drawing on international advancements in reflexology, including the work of craniosacral reflexologist Martine Faure-Alderson, Russian researcher Alexander Kachan, Chinese biologist Zhang Yingqing, and Korean physician Tae Woo Yoo, Kliegel examines how to integrate Yin-Yang massage strokes, metacarpal reflexology techniques, Korean Hand treatments, and craniosacral massage principles into reflexology treatments to restore energetic balance, relieve pain, and support healing. He outlines specific treatment protocols, including holistic reflexology treatments for headache, digestive problems, and back pain. Providing step-by-step instructions for diagnostic testing, he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body. Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis, but also its ancient European roots. Providing a truly holistic and integrative approach to reflexology, Kliegel reveals many different hands-on paths to healing that embrace the energetic interconnections of mind and body.

The Healing Power of Reflexology Adams Media, 2019-08-06 Dive into the healing art of foot and hand reflexology, with this complete guide that includes essential information on how tapping into this ancient practice can improve blood circulation, fight depression, help you relax, promote better sleep, aide in digestion, and relieve body pains. Reflexology is a type of massage used to release emotional, physical, and mental pain through the hands and feet. In *The Healing Power of Reflexology*, you will learn the basics of reflexology, how to find the trigger points, the history of this practice, and how the right touch can lead to a life of happiness and balance. Reflexology has been proven has been to reduce stress, promote healing, and enhance quality of life. Now you can master the ancient healing power of reflexology and improve your overall well-being and outlook on life.

Hand Reflexology for Practitioners Nicola Hall, 2016-03-21 Focussing specifically on reflexology of the hands, this book covers all the information needed for effective practice, increased understanding of theory, and skill development. Fully illustrated with photographs and diagrams, expert author Nicola Hall describes the positions and functions of the reflex areas in each hand, and covers the basics of body and hand anatomy. She introduces a wide range of techniques and explains how they relate to each reflex area, as well as exploring which reflex areas to target in order to treat common conditions and disorders. In addition to basic hand reflexology, other traditions are described, including Meridian therapy, Korean Hand Reflexology, Vertical Hand Reflexology, Synergetic Reflexology and Nail Reflexology, giving practitioners and students a complete overview of the modality.

The Reflexology Bible Louise Keet, 2009 From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.

Total Reflexology Martine Faure-Alderson, 2008-11-26 The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system • Remaps the entire foot to fine-tune the pressure points • Explains how to work with the emotional reactions that may be released when physical conditions are treated • Full-color detailed diagrams provide precise illustrations of pressure points In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health. *Total Reflexology* presents each of the major body systems in turn--from the digestive system to the human energetic system--using 25 full-color newly mapped foot diagrams that provide precise indications of

pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

Foot Reflexology – What Is It? What Good Is It? Amzah A. Raheem,2015-06-30 Foot Reflexology is a natural and drugless way of stimulating the internal organs, thereby increasing the circulation and restoring bodily functions to normal.

Home Health Sanctuary Anna Selby,2000 A guide to enjoying all the benefits of a spa or health farm without the expense; Divided into three sections, each featuring a weekend plan for detoxing, energy-boosting or relaxing; Each section is broken down into an hour-by-hour guide to the weekend; A variety of popular techniques and therapies are explained in full, from mediation and aromatherapy to hydrotherapy and acupressure; Includes delicious recipe plans, invigorating therapies and stress-relieving strategies

My Reflexologist Says Feet Don't Lie Kevin Kunz,Barbara Kunz,2001 Did You Know that your feet are a reflection of your health? Where you've been and where you're going are recorded on your soles. Make MyReflexologist your reflexologist. Learn how to read your feet and take effective preventive measures to live a healthier, happier life. Internationally known reflexologists and authors Kevin and Barbara Kunz are your reflexologists giving you the benefit of their twenty-five years of experience. Book jacket.

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