



Principles of Reflexology: What it is, how it works, and what it can do for you Revised Edition (Discovering Holistic Health)

Nicola Hall

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Reflexology is a form of complete healing that can detect and correct energy imbalance and restore balance to the body by relating each zone of the body to different points on the hands and feet.

This introductory guide covers the theory on which reflexology is based, as well as its history, and the principles of practice. The author includes an description of how treatment works and how it is given, a guide to the reflex areas and their relationship to the rest of the body, effective reflexology treatments and case studies, reflexology as a preventative therapy and how to find a reliable reflexologist.

This will be an enlightening guide for anybody interested in what reflexology has to offer and for those wanting to learn more about therapies that present alternatives to traditional treatment. Students and practitioners of reflexology and related practices will find it a useful reference, and a perfect introduction to recommend to clients.

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