

foot reflexology a complete 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

The Reflexology maps are based on the concept that the ear, foot, or hand are connected to all the other parts of the body through the nervous system or "energy" system and thus become a reflection or snapshot of the entire body. Interestingly, Dr. Nogier put forth the concept that the ear can be mapped by comparing to a baby curled into the fetal position.

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Reflexology Courses throughout UK | Accredited Diploma

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

Caldera Massages Studio, a spa atop the Oia cliffs overlooking the sea, was created in 2006 as a perfect antidote to the stresses and strains of today's hectic lifestyle.

CALDERA MESSAGES STUDIO " Oia Santorini

150mi1 inm1ut 5 heaven in a hammock 50 minutes A combination of touch therapy that helps to balance the body, calm the mind and instill deep relaxation.

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