



The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet

By Pauline Wills

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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.

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- Sales Rank: #104561 in Books
- Published on: 1995-10-01
- Released on: 1995-10-01
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .30" w x 8.50" l, 1.32 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

Review

"An ideal book for beginners and advanced reflexologists. Clear illustrations show how body organs and functions are mirrored in reflex points. The photographs and drawings are easy to follow and precise. This ancient therapy can now be understood clearly with the aid of this book. An excellent text." (*New Vision*)

From the Back Cover

HOLISTIC HEALTH / BODYWORK

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--*New Vision*

The hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs. Working with these points, the practice of reflexology alleviates the energy blocks that cause pain or disability, restoring optimum health and providing effective holistic treatment for both common and more serious disorders.

In *The Reflexology Manual*, professional reflexologist Pauline Wills guides the reader through the self-help techniques of reflexology. She explains how to work with the energy meridians through the pressure-point zones, providing clear full-color diagrams of the hands and feet that precisely map the points and zones of every internal body structure and organ. She shows how to integrate color therapy with reflexology to balance the meridians and chakras through the hands and feet. Including a step-by-step photographic guide for a full reflexology treatment, this book is ideal for beginners as well as experienced students of reflexology.

A professional reflexologist, yoga instructor, and color therapist with more than two decades of experience in England and Ireland, PAULINE WILLS pioneered the integration of color therapy with reflexology. The cofounder of the Oracle School of Colour in London, England, she is the author of several books on healing, including *Chakra Workbook* and *Color Reflexology*.

About the Author

A professional reflexologist and instructor with more than a decade of experience in England and Ireland, Pauline Wills combines yoga and color therapy in her practice of reflexology. She is the author of several books on healing, including *The Reflexology and Colour Therapy Workbook*.

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