

1. Record Nr.	UNINA9910798293103321
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Titolo	Hand Reflexology for Practitioners [[electronic resource]] : Reflex Areas, Conditions and Treatments
Pubbl/distr/stampa	London, : Jessica Kingsley Publishers, 2016
ISBN	0-85701-227-4
Descrizione fisica	1 online resource (220 p.)
Altri autori (Persone)	WilliamsMatthew
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Hand Reflexology for Practitioners; Foreword by Matthew Williams; Acknowledgements; Preface; Chapter 1 - General Introduction to Reflexology; Chapter 2- History and Theory of Reflexology; Chapter 3 - Anatomy of the Hand; Chapter 4 - Reflex Areas of the Hands; Chapter 5 - How to Give Reflexology Treatment to the Hands; Chapter 6 - Common Conditions That Can Be Treated; Chapter 7 - When to Use Reflexology and When Not to Use It; Chapter 8 - Conditions Affecting the Hands; Chapter 9 - Different Approaches to Hand Reflexology; References; Resources; Index; Blank Page
Sommario/riassunto	Definitive and in-depth, this book presents essential information for excellent hand reflexology practice. Covering history and theory, the anatomy of the hand, detailed descriptions of each reflex area and techniques for practice, this book will deepen understanding of hand reflexology and how it can be used to treat a wide range of conditions.