1. Record Nr. UNINA9910819397803321 Autore Hall Nicola Titolo Hand Reflexology for Practitioners: 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 615.8224 Disciplina Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali 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 Definitive and in-depth, this book presents essential information for Sommario/riassunto 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.