

1. Record Nr.	UNINA9910975039303321
Autore	Hall Nicola (Reflexologist)
Titolo	Principles of reflexolgy : what it is, how it works, and what it can do for you / / Nicola Hall
Pubbl/distr/stampa	London ; ; Philadelphia, : Singing Dragon, 2013
ISBN	9781299265394 1299265391 9780857011084 0857011081
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (146 p.)
Collana	Principles of...
Disciplina	615.8224
Soggetti	Reflexology (Therapy) Acupressure
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Principles of Reflexology: What it is, how it works, and what it can do for you; Introduction; 1 What is Reflexology?; 2 How the Treatment Works; 3 How the Treatment is Given; 4 The Reflex Areas; 5 What Reflexology is Most Effectivein Treating; 6 Case Histories; 7 Reflexology as a PreventativeTherapy; 8 Finding a Reliable Reflexologist; Blank Page; Useful Contacts
Sommario/riassunto	This introductory guide covers the history and theory behind reflexology as well as the principles of practice. The book includes an outline of how treatment works and how it is given, a guide to the reflex areas, effective reflexology treatments and case studies, reflexology as a preventative therapy and how to find a reliable reflexologist.