

Guide to Reflexology (The Brockhampton Library)

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Abstrak

Reflexology is the massage of areas of the feet (and sometimes hands) that correspond to other parts of the body. It is used to discern and prevent health problems. This guide teaches readers about healing an ailing immune, digestive, nervous, or circulatory system. It also shows how to perform reflexology on oneself by using fragrant oils and lotions.