



Hand Reflexology for Practitioners: Reflex Areas, Conditions and Treatments

Nicola Hall

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Focussing specifically on reflexology of the hands, this book covers all the information needed for effective practice, increased understanding of theory, and skill development.

Fully illustrated with photographs and diagrams, expert author Nicola Hall describes the positions and functions of the reflex areas in each hand, and covers the basics of body and hand anatomy. She introduces a wide range of techniques and explains how they relate to each reflex area, as well as exploring which reflex areas to target in order to treat common conditions and disorders.

In addition to basic hand reflexology, other traditions are described, including Meridian therapy, Korean Hand Reflexology, Vertical Hand Reflexology, Synergetic Reflexology and Nail Reflexology, giving practitioners and students a complete overview of the modality.

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