

# Hand Reflexology Treatment Guide

[#hand reflexology](#) [#reflexology treatment](#) [#hand massage guide](#) [#reflexology benefits](#) [#self-care hand therapy](#)

Discover a comprehensive hand reflexology treatment guide to promote well-being and alleviate common ailments. Learn essential techniques and explore the various benefits of applying reflexology to your hands for natural stress relief and enhanced health.

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## Reflexology

Do you want to learn more about reflexology? Would you like to know how to self-perform reflexology and practice it on others? The history of reflexology is fairly broad and fairly extensive. What it comes down to is the fact that there is a lot history that is loaded with the application of physical touch to make people cope with their suffering, whether physical, mental, or spiritual It wasn't until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts. It was often joked that a person who had a toothache should squeeze their toe to get some relief from it. During the 16th century, the idea of Zone Therapy began to become more and more prominent. This idea, that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it. Here Is A Preview Of What You'll Learn... What Is Reflexology? The Basics of Reflexology The Basics of the Foot The Basics of the Hands The Massage Tags: reflexology, hand reflexology, foot reflexology, total reflexology, reflexology guide, reflexology manual, reflexology diagram, reflexology chart, reiki, acupuncture, acupressure, flexology, foot map, chart, map, learn reflexology, relieve tension, treat illness, treat pain, reduce pain, alleviate pain, foot reflexology, what is reflexology, does reflexology work, facial reflexology, reflexology headache, headache, headaches, reflexology techniques, reflexology therapy, alternative therapies, foot therapy, natural therapy, reflexology map, hand reflexology chart, foot reflexology chart, reflexology charts, reflexology treatment, reflexology foot map, reflexology hand map, reflexology maps

## Hand Reflexology

Our fast-paced world is forcing us to become more and more aware of the dangers posed by stress to our mental and physical well-being. In the search for natural and healthy stress relieving techniques, people are increasingly turning to the skills and wisdom of ancient Eastern cultures, such as is the case with hand reflexology. Hand reflexology is a technique which employs self-massage of certain focal points in the hands that can directly and immediately boost your health and revitalize your energy and bloodflow. In this book, I'm going to help you thoroughly understand hand reflexology and exactly how it works. You'll learn all about the benefits, apart from just tension relief, including improved blood circulation, cell growth, relaxation of muscles, reduced pain, a better functioning digestion and immune system, and overall detoxification of the body. I'll also show you how to perform this massage technique on yourself or others, including a diagram of pressure points and the corresponding organs, and I'll point out the safety measures that must be practiced along the way. I hope that you decide to take full advantage of this quick, easy, and inexpensive - yet powerful - method of staying healthy and eliminating stress.

## The Complete Guide to Reflexology

A full-color illustrated and comprehensive study guide for reflexology • Provides detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables • Offers extensive basic pathology of all body systems, including case studies • Ideal for students of reflexology up to levels 2 and 3; exceeds the curriculum requirements of all the major awarding bodies • Includes a study outline for each chapter as well as review and multiple choice questions Reflexology is a gentle, non-invasive therapy that encourages the body to balance and heal itself. It involves applying finger or thumb pressure to specific points on the hands and feet. Called “reflexes,” these points reflect, or mirror, the organs and structures of the body as well as a person’s emotional health. In this way, the hands and feet are “mini maps” or “microcosms” of the body that can be used to encourage holistic healing. Presenting the most complete reflexology study guide available, this full-color illustrated textbook is designed for use both in the classroom and as a home study resource. Ideal for students of reflexology up to levels 2 and 3, it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology. Providing detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables, the book outlines each body system, explaining how, when, and why to work the reflexes. It explores foot reflexology, hand reflexology, as well as meridian therapy and offers extensive basic pathology of all body systems, including case studies, allowing the student to develop interpretive diagnostic and treatment planning skills. Each chapter also includes a study outline as well as review and multiple choice questions. Offering a comprehensive guide to the theory, philosophies, and history of reflexology, this book will encourage students to develop understanding and confidence in their reflexology practice.

## Total Reflexology of the Hand

How to apply the precise treatment techniques of Total Reflexology, which combines craniosacral therapy and foot reflexology, to the hands • Explains the special relationship between the hand and the brain, making hand reflexology ideal for treatment of neurological, mental, and emotional disorders • Details how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat • Includes full-color detailed maps of the pressure points and zones of the hands One of the most defining physical characteristics of humanity, the hands contain reflex zones and pressure points related to the systems and organs of the body just like the feet. The reflex zones and points of the hands present the most effective means of treating psychological and neurological disorders due to their sophisticated relationship with the brain. Applying her ground-breaking combination of reflexology and craniosacral therapy to the hands, Dr. Martine Faure-Alderson explains how to use hand reflexology to treat the brain and each of the body’s systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact placement of the points according to the bones of the hands, the result of more than 40 years of research and clinical practice. She explains how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat. Examining the psychological level of brain-hand interactions, the author reveals how neurological dysfunctions and mental disorders respond more readily to hand reflexology than to other forms of therapies. She explains how many physical ailments have a psychological component and how reflexology automatically triggers the release of endorphins by working directly on the autonomic nervous system. The author explores the role of nutritional supplements, including Omega 3s, as a support to reflexology therapy and shows how finely tuned reflexology stimulates the body’s self-healing abilities and cellular regeneration, making this an indispensable resource for holistic health practitioners and for home self-care.

## Hand Reflexology

A guide that shows how to perform a complete hand reflexology treatment on yourself or others.

## The Reflexology Manual

An ancient therapy used in China, Egypt and India, reflexology provides effective, holistic treatment for both common and more serious disorders. This guide illustrates a step-by-step treatment, while the text guides the reader in mastering these self-help techniques. Color photos and illustrations.

## Reflexology

Discover How To Let Your Body Heal Itself With Reflexology Restore Balance, Boost Sluggish Circulation, and Terminate Pain Related Disorder With The Use Of Reflexology!!! Reflexology is an amazing alternative therapy, that primarily focuses on the feet and hands, and has been practiced by practitioners for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you. The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable. There are all types of misguided information out there on the web and also in books that could be detrimental to your health when it comes to properly using the practice of reflexology. By using this book you will fast track your way to success with Reflexology, and have the pain free life that you have always desired!!!! 7 Reasons Why You Must Have This Book 1. Learn why the human reflexes are so vital to our everyday lives. 2. Discover which reflexes corresponds with which organ, 3. In this book you will learn about the primary benefits of reflexology and why it is better than modern medication. 4. This book will give you information about how to perform calculated pressure to the feet and hands. 5. Discover some of the problems with the feet. 6. This book also teaches you about the pressure points on the ear. 7. Reflexology is alternative therapy that can help alleviate any pain in their body whether it is physical or mental. Here Is A Preview Of What You'll Learn... The History of Reflexology Muscle Relaxation Detoxification and Cleansing The Nerve Impulse Theory How Does Reflexology Work Foot Reflexology Chart Map The Structure of Feet Structures of Hand and Wrist Hand Reflexology Chart Map Problems Relating to the Hand Techniques and Tips Method for Achieving Quicker Results Much, much more! Want To Learn More? Take action today and download this book for a limited time discount of only \$3.99! Download Your Copy Right Now! -----TAGS: reflexology, reiki, acupuncture, acupressure, flexology, foot map, chart, map, learn reflexology, relieve tension,

### Hand Reflexology

Our fast-paced world is forcing us to become more and more aware of the dangers posed by stress to our mental and physical well-being. In the search for natural and healthy stress relieving techniques, people are increasingly turning to the skills and wisdom of ancient Eastern cultures, such as is the case with hand reflexology. Hand reflexology is a technique which employs self-massage of certain focal points in the hands that can directly and immediately boost your health and revitalize your energy and bloodflow. In this book, I'm going to help you thoroughly understand hand reflexology and exactly how it works. You'll learn all about the benefits, apart from just tension relief, including improved blood circulation, cell growth, relaxation of muscles, reduced pain, a better functioning digestion and immune system, and overall detoxification of the body. I'll also show you how to perform this massage technique on yourself or others, including a diagram of pressure points and the corresponding organs, and I'll point out the safety measures that must be practiced along the way. I hope that you decide to take full advantage of this quick, easy, and inexpensive - yet powerful - method of staying healthy and eliminating stress.

### Essential Guide to Foot and Hand Reflexology

Our hands have always been a means of caring and comforting, and using our hands to release tension in our bodies is something we do instinctively. In reflexology, you can use your fingers to apply pressure to certain points on your feet, or sometimes on your hands. This book explains how reflexology works, and includes step-by-step techniques.

### Reflexology

Clearly illustrates this remarkable therapy with charts and photographs.

### The Complete Illustrated Guide to Reflexology

This book sets forth a program that can help you achieve lasting relief from aches, pains and illness. Already known and used by many throughout the centuries, reflex massage works by releasing the healing energies latent in the body itself, curing ailments in a completely natural, non-medicinal way. Reflexology is one of the most miraculous means of utilizing nature's own healing methods for maintaining the body in peak operating condition and probably one of the least familiar to us. It requires no pills, drugs, tranquilizers or mutilating surgery, can be self-administered with perfect safety anywhere or anytime and can be used with people of all ages. Step by step, the author teaches you how to

massage away headaches, backaches, sinus problems, vision problems, coughs, colds, respiratory problems, hemorrhoids, etc. by learning techniques that can be learned in minutes.

### Hand Reflexology

This text provides a complete guide to reflexology points and treatments. Step-by-step instructions cover every aspect of foot reflexology, from basic principles and techniques, to the treatment of specific ailments and full foot therapy.

### Reflexology

An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs. Reflexology harnesses the body's healing energy by stimulating specific pressure points on the hands and feet, alleviating the energy blocks that can cause pain or disability and restoring optimum health. In *The Reflexology Manual*, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step. Full-color illustrations throughout. Detailed diagrams of pressure-point zones on the hands and feet. Clear explanations of how to work with the energy meridians. Ideal for beginners as well as experienced students of reflexology.

### The Reflexology Manual

With fun, modern illustrations and an intuitive organization, *Press Here! Hand Reflexology for Beginners* introduces a powerful and simple form of self-care for a new generation of wellness seekers.

### Press Here! Hand Reflexology for Beginners

**THE REFLEXOLOGY GUIDE** Step By Step Practical Guide to Basics and Techniques of Hands-On and Foot Reflexology and Body Massage Reflexology is a sort of back rub that includes applying various measures of strain to the feet, hands, and ears. It depends on a hypothesis that these body parts are associated with specific organs and body frameworks. Despite the fact that reflexology isn't utilized to analyze or fix infection, a great many individuals around the globe use it to supplement different medicines when tending to conditions like tension, asthma, disease treatment, cardiovascular issues, diabetes, cerebral pains, kidney capacity, PMS, and sinusitis. In this book, everything you need to know about basics and techniques of hands-on and foot Reflexology and body massage is discussed. **GET YOUR COPY TODAY**

### Hand Reflexology Workbook

Written in a clear, no-nonsense style, this is the ideal textbook for students of reflexology up to levels 2 and 3. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major awarding bodies. Its benefits include: ? meets the current National Occupational Standards for reflexology; ? meets the standards required by all the main awarding bodies; ? suitable for levels 2 and 3; ? outlines each body system, explaining how, when, and why to work the reflexes; ? includes chapters on hand reflexology and meridian therapy; ? comprehensive pathology of all body systems; ? detailed and accurate anatomical drawings; ? revision and multiple choice questions for each chapter; ? study outline at the end of each chapter; ? case studies; ? covers current theories and philosophies; ? explores other complementary therapies. This book is the perfect complement to Ruth Hull's companion text, *The Complete Guide to Reflexology Workbook*, which guides students through a series of self-revision notes, exercises and mock exam papers all designed to encourage revision, understanding and confidence in practising reflexology.

### The Reflexology Guide

A guide that shows how to perform a complete hand reflexology treatment on yourself or others.

### The Complete Guide to Reflexology

Reflexology is a global best-seller by two of the most-recognized authorities on this holistic therapy. This comprehensive yet approachable guide explains how reflexology works: by applying pressure to "reflex" points on the hands and feet, you can help to stimulate the body's natural powers of self-healing. Reflexology features more than 100 step-by-step techniques and treatment sequences, detailed foot and hand reflex charts, and a directory of treatment for 30 common ailments, from back pain to constipation, arthritis to high blood pressure. Visualizations and meditations are suggested throughout, to enhance the healing treatments. As the first fully-illustrated step-by-step guide, Reflexology remains one of the most trusted resources on this ancient art.

### Hand Reflexology

Here's a revolutionary way to fine-tune your relationship with your body, reduce stress, and feel better all over: Stimulate the reflexes in your hands and feet! It's all in this hands-on encyclopedia of personal reflexology information. Here, Kevin and Barbara Kunz (authors of *The Complete Guide to Foot Reflexology*) bring you their unique self-health approach to wellness. Through reflexology, they teach you how to free and channel your pent-up energy -- and to prevent and correct common health problems. With more than 500 detailed instructions, this book includes: \* Why your feet and hands are "important sensory organs," and their "special relationship" with your whole body. \* Why reflexology works. \* Specially designed pressure and movement techniques that reduce stress and actually alter the body's tension level. Fully illustrated, with step-by-step procedures, for quick and easy application! \* Treatment plans for specific ailments, from acne to whiplash. \* Stride Replication, the Kunzes' latest program of foot and hand relaxation. \* A more in-depth look at body parts and their corresponding areas in the hands and feet -- all conveniently indexed. Whether you are using it as a quick reference or as the basis for further study. *Hand and Foot Reflexology: A Self-Help Guide* tells you what you need to know about the simple but potent experience of reflexology -- by yourself and for yourself.

### Reflexology

Reflexology is an amazing alternative therapy, that primarily focuses on the feet and hands, and has been practiced by practitioners for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you. The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable. Here Is A Preview Of What You'll Learn... Understanding Hand Reflexology The Benefits of Hand Reflexology How to Perform Hand Reflexology Other Techniques in Hand Reflexology Precautions in Performing Hand Reflexology Learn about how far back in history this goes and how it was brought into the modern world by medical pioneers. Get an understanding of how it affects the different systems of the body and the fundamentals that make it work. As you progress through the book and begin to learn about techniques for common problems expand your mind and work on your body they way only you know it needs to be worked on. There is no one else that understands your body like you. You don't have to have pain to use reflexology there are reflexes that will just in general help you have a healthier body and mind.

### Hand and Foot Reflexology

The *Massage Manual* guides you through all the basic massage movements, including shiatsu self-massage. This broadranging, practical book is packed with specially commissioned, full color photographs and clear, authoritative text by leading practitioners.

### Reflexology

Complete with a framable poster, *In Focus Reflexology* contains everything you need to know to get started in this classic subject.

### The Massage Manual

From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.

### The Reflexology Manual

Hand reflexology is a non-invasive natural health approach, perfect for anyone to use on the go. In *Press Here! Hand Reflexology for Beginners*, colorful illustrations and clear instructions show simple but powerful techniques to add to your daily routine. Practicing hand reflexology on yourself can help you achieve your goal of natural, holistic healthcare without the expensive weekly treatments. Hand reflexology, unlike the more common foot reflexology, is easy to incorporate into your wellness routine because it can be used anywhere—from riding the bus or listening to a lecture in class to enjoying a party. This fun, easy, and accessible introduction to self-care through hand reflexology teaches the fundamental principles of reflexology and guides you through the reflex map of the hands, where every part of our body has a corresponding reflex point. Follow the illustrations and simple instructions to quickly learn techniques to use daily for overall good health and a balanced body and mind. In addition, guided techniques help you learn how to use reflexology for specific health issues, organized by ailments. The *Press Here!* series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other *Press Here!* topics include massage, reiki, and acupressure.

### In Focus Reflexology

Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines, or acupuncture meridians. In this clearly written introduction to the subject, Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance, prevent ill health and assist relaxation. Learn how reflexology and the meridian theory work Follow the illustrated step-by-step reflexology techniques Use reflexology to balance the body's functions Improve the body's circulation and general health

### Hand and Foot Reflexology

Foot reflexology is gaining worldwide attention as more and more people discover its astounding benefits for their health and in their everyday lives. It's also being introduced into almost all fields of treatment as an inexpensive and convenient method to prevent and cure various diseases. With the rising cost of therapeutic drugs and doctors' fees, foot reflexology is a perfect alternative that you can use conveniently at home. It doesn't require gadgets or lengthy training to perform massage or reflexology on your own feet. It only requires your knowledge on what focal points must be massaged to cure or prevent illnesses in certain parts of your body. If you're looking for a natural, inexpensive and effective method to prevent damage to your body, this book will teach you all about food reflexology and how to do it on your own, and in the comfort of your own home.

### The Reflexology Bible

In this book we see how vertical reflexology can work powerfully on reflex points on the weight-bearing hands and nails.

### Press Here! Hand Reflexology for Beginners

A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing • Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso • Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing • Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso. The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions, including the benefits of crystal massage for post-stroke recovery. Drawing on international advancements in reflexology, including the work of craniosacral reflexologist Martine Faure-Alderson, Russian researcher Alexander Kachan, Chinese biologist Zhang Yingquing, and Korean physician Tae Woo Yoo, Kliegel examines how to integrate Yin-Yang massage strokes, metacarpal reflexology techniques, Korean Hand treatments, and

craniosacral massage principles into reflexology treatments to restore energetic balance, relieve pain, and support healing. He outlines specific treatment protocols, including holistic reflexology treatments for headache, digestive problems, and back pain. Providing step-by-step instructions for diagnostic testing, he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body. Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis, but also its ancient European roots. Providing a truly holistic and integrative approach to reflexology, Kliegel reveals many different hands-on paths to healing that embrace the energetic interconnections of mind and body.

### Reflexology

Do you wish you had the skills to look after your own health as well as your patients? Do you lose potential patients because they cannot receive a treatment due to a needle phobia or have mobility issues which mean they struggle to lay on a couch? This book could change all that for you. Korean Hand Therapy (KHT) is an easy to learn, amazingly powerful, versatile and convenient therapy that differs from reflexology, body acupuncture and other micro-systems. This clear and concise guide brings together a wide range of KHT research from around the world and explores both invasive and non-invasive treatment options. It also explains how to quickly locate KHT points and undertake a full treatment using only the patient's hands. Furthermore, it includes a large selection of suggested treatment prescriptions to assist practitioners to treat both themselves and their patients. Reading this book will revolutionise your practice and your health.

### Reflexology

Trust this comprehensive overview written by an experienced lecturer and practitioner in the field of complementary therapy. Invaluable for both the experienced practitioner and beginner alike, this text is an essential point of reference both for those studying for a qualification in reflexology and those wishing to refresh their skills. It covers topics such as setting up a practice, treating common ailments, the theory and history of reflexology and the holistic approach. A foot and hand illustrated reflexology sequence guide and a guide to practice management are also included. - Features a detailed reflexology chart - Puts theory into practice with case studies - Includes learning tasks throughout the text along with a revision and exam preparation guide

### Foot Reflexology

This guide builds the principles of reflexology into practice, and allows the complete beginner to perform reflexology immediately for self-care or care of a partner. developed from ancient Chinese and Egyptian healing systems; step-by-step guidance to performing reflexology at home; easy-to-follow instructions for an immediate start; two complete reflexology sessions for hands and feet; relief of inflammation, congestion and tension-related ailments, such as asthma, arthritis, insomnia, angina and migraine; additional treatments for specific ailments, plus a quick reference chart; and detailed maps of the hands and feet illustrating the reflex points. wellbeing. Chapter two illustrates the connections between the feet, hands and the rest of the body. Chapter three describes the diagnostic guidelines and pressure techniques, and chapter four looks at the body systems. The sessions for feet and hands are presented in chapters five and six, with supplementary steps to treat many ailments in chapter seven.

### Vertical Reflexology for Hands

Massage is the safe, effective, drug-free way to treat countless ailments and injuries, from headaches and sprains to chronic back pain. This fully illustrated guide gathers the most effective techniques of all the different systems in one easy-to-use volume. Comprehensively covering five basic approaches--whole-body techniques, localized massage and pressure techniques, massage for healing, massage for relaxation and stress relief, and massage for pleasure--it offers detailed instructions on every system, from traditional Chinese methods to shiatsu, reiki, aromatherapy, and reflexology. Also covered are self-massage, holistic massage, hand treatment, head massage, and the chakras.

### Holistic Reflexology

Thai Foot Massage is an ancient art, and part of traditional Thai Medicine. In Thailand, it is the most widely applied treatment. This book is indispensable for all massage teachers, as it contains information

and tips from a well experienced massage instructor with 10+ years of experience. Also, it will be valuable for those who wish to start learning simple massage techniques in order to apply them to family members and friends. In this book, you will find: • Detailed descriptions on traditional Thai Foot Massage techniques. • Instructions on massage techniques on the dorsal and palmar surfaces of the foot • Work with massage wooden tools and towels • Thai Hand Massage instructions • A small section on self-massage.

### Korean Hand Therapy

Relieve stress and tension and return the body to optimum health with this practical step-by-step manual. Clear illustrations show how all the internal body structures and organs are mirrored in the reflex points on the feet and hands, while a step-by-step guide explains how to perform pressure and massage techniques to give a full-body treatment and alleviate a variety of debilitating disorders. There's also a special section on incorporating chakra work and colour therapy into reflexology sessions, for those who would like to take their practice further.

### Hands on Reflexology

#### Reflexology