

# THE REFLEXOLOGY MANUAL



An Easy-to-Use  
Illustrated Guide  
to the  
Healing Zones  
of the  
Hands and Feet



PAULINE WILLS

# The Reflexology Manual

**Beryl Crane**



## **The Reflexology Manual:**

*The Reflexology Manual* Pauline Wills,1995-10-01 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* Pauline Wills,2006-06 *The Reflexology Manual* Pauline Wills,Cecilia Walters,1997 **The Reflexology Manual** Pauline Wills,Sue Atkinson,1995 **Reflexology Manual** Pauline Wills,1995-10-05 **The Reflexology Manual** Pauline Wills,2022 **The Reflexology Manual** ,2021 **The Reflexology Handbook** Laura Norman,Thomas Cowan,2006 Clinical internal medicine **The Complete Guide to Reflexology** Ruth Hull,2023-01-17 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 **Reflexology** Beryl Crane,1997 Reflexology the ancient technique of treating the whole body by pressing reflex points in the foot is rapidly become one of the

more popular complementary therapies Recommended and endorsed by the International Therapy Examination Council ITEC this book details how reflexology works how to apply the therapy how to set up a practice and more color plates The Complete MS Body Manual Susie Cornell,1996 Colour Healing Manual Pauline Wills,2013-08-28 The healing properties of colour and light have been recognised since ancient times today colour therapy techniques are used to great effect in a range of complementary therapies and for personal wellbeing This book provides a comprehensive introduction to colour healing and offers step by step instructions for diagnosis and treatment **Acupressure Self-Care Handbook** Roger Dalet,2023-11-28 A guide to acupressure treatments for more than 150 common illnesses and conditions Shares step by step treatment protocols for illnesses such as cold flu or digestive problems chronic conditions such as arthritis diabetes and thyroid disorders and nervous system and emotional complaints such as depression shingles Bell s palsy and stage fright Includes detailed diagrams of the commonly known and prescribed acupressure points as well as important new acupoints discovered by contemporary Chinese medical researchers Explains how acupressure stimulates the body s natural healing ability With the simple touch of your fingertips you can quickly and easily bring comfort and relief from pain and illness In this illustrated guide to acupressure for self care and care of your loved ones Roger Dalet M D shares step by step treatment protocols for more than 100 diseases and disorders from illnesses such as cold flu or digestive upset to chronic conditions such as arthritis diabetes thyroid disorders and heart problems to nervous system and mental health disorders such as depression epilepsy and bipolar disorder Exploring how acupressure works the author explains how massaging specific healing points stimulates the body s own natural healing ability Within each treatment protocol he offers guidance on how acupressure can best help the situation whether it is capable of completely curing a condition or whether it should be used to support other healing modalities In addition to detailed diagrams of the commonly known and prescribed acupressure points Dr Dalet includes important new acupoints discovered by contemporary Chinese medical researchers that address ailments resulting from our more sedentary lifestyles and use of computers such as obesity and eye strain A valuable resource for any home the acupressure treatments presented in this handbook can provide immediate relief for pain and injuries as well as be used preventively Most important they offer an effective method of self care and a way to provide comfort and relief to ailing loved ones and especially for the delicate immune systems of children **Reflexology** Moss Arnold,2018-11-01 Reflexology Basics of the Middle Way answers the questions to the mystery surrounding the science and art of reflexology Moss Arnold the acclaimed originator and presenter of Chi reflexology covers the basics of his approach to reflexology as well as beginning the process of establishing a solid foundation upon which reflexology can stand through a re examination of the theory and practice The Challenge for a therapist is to turn the science of reflexology into their own unique art To achieve this anyone using reflexology needs an excellent understanding of the basics The Complete Spa Manual for Homeowners Dan Hardy,2011 This book will provide you with all the information you need to know about hot tubs and spas whether you

are looking to buy one or already own one It will help you to determine what you want and what you need how to install it clean it and control the settings You will learn about the health benefits of hot water including hydrotherapy aromatherapy reflexology chromotherapy and Watsu You will also learn about soft sided spas acrylic spas cabinets pumps flow rate skimmers suction ports and drains jets special waters covers ozonators heaters permanent spas blowers spa packs plumbing issues alkalinity water hardness temperature sanitizers oxidizers water analysis the pH scale and test kits Also included is a discussion of cartridges including sand and diatomaceous earth DE and water chemistry Additionally it will provide you with tips for buying realistic cost estimates winterizing and upgrade options plus tricks and tools of the trade Adapted from back cover

**Foot Care Handbook** Stephanie L. Tourles, 2021-12-21 Along with natural remedies for common foot problems author Stephanie Tourles explains foot physiology for the layperson and provides exercises for stretching and strengthening feet massage techniques for foot relaxation and restoration and reflexology

[The Handbook of Chinese Massage](#) Maria Mercati, 1997-09 Britain's leading authority on Oriental massage integrates classic tui na techniques into a new whole body treatment never before seen in East or West

*The Everything Reflexology Books* Valerie Voner, 2003-10-01 Now you can bring relief and comfort to yourself and others with easy to follow reflexology techniques The Everything Reflexology Book walks you through the basic principles of this ancient practice and teaches you how to use the healing power of touch right in your own home Provides professional instruction on how to Utilize thumb walking knuckle presses clapping and other touch techniques Identify the zones and meridians that correspond to specific body parts Alleviate ailments through foot reflexes Balance energy flow throughout the body

**The Reflexology Bible** Louise Keet, 2009 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

**Yoga of Light** Pauline Wills, 2019-08-06 Move into a fifth dimensional way of living by engaging the energy lines between the chakras that form energetic triangles of light Includes illustrated step by step instructions for yoga asanas with explanations of the triangles of light created by each as well as their specific health benefits Explains how the triangles of light energize the body wake up our cells and connect us to our own inner light Introduces the 10 major and 21 minor chakras that form the triangles of light Paper with French flaps We are all beings of light Our bodies are pervaded and rejuvenated by energy lines between our major and minor chakras When we practice yoga asanas postures these energy lines create triangles of light that connect us to universal light and energy Focusing on them and feeling them during yoga practice can raise our vibrational frequency and help us move toward yoga's eighth step the state of enlightenment Drawing on yoga's original teachings Yoga of Light reveals how to awaken and energize the chakra triangles of light with the practice of asanas breathing visualization and meditation Exploring the universal web of light and our place within it as well as the body's electromagnetic field or aura yoga expert Pauline Wills provides a concise introduction to the ten major and twenty one minor chakras instrumental in forming the yoga triangles of light You will discover how visualizing

and eventually feeling these triangles as you practice the postures energizes the body allowing you to connect to your own inner light This wakes up all cells in the body and imbues them with increased energy The triangles also firmly connect us to the sacred geometry of the universe aligning us with the greater cosmos The author includes an illustrated step by step guide to the asanas detailing how to perform them correctly and clearly explains and depicts the triangles of light formed within each posture and their specific health benefits She also includes a series of exercises and breathing techniques to affect and increase control of prana the life force within the body as well as simple exercises warm up movements meditations and visualizations to help familiarize yourself with the major chakras instrumental in forming the triangles of light Yoga of Light reveals how by working with the triangles of light we can each become more aware of our connection to the web of light and the greater universe This book for beginners and advanced practitioners alike shows how anyone can increase the benefits of their yoga practice by engaging and energizing the triangles of light

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