# Reflexology: A Practical Introduction

Denise Whichello Brown

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# **Practical Introduction To Reflexology**

**INGE DOUGANS** 

#### **Practical Introduction To Reflexology:**

Reflexology Inge Dougans, 1998 **Emotional Reflexology a Practical Guide 2nd Edition** Jenny Talkington, 2021-02-15 Emotional Reflexology A practical Guide second edition by Jenny Talkington Jenny is a reflexologist workshop leader and artist with over 20 years of experience After completing her initial reflexology training at The Oxford School of Reflexology in 1998 she had an excellent grounding in reflexology that covered not only the physical aspects of Reflexology but it s emotional aspects too Since then through treating her colleagues it became apparent that the basic one year training available no longer incorporated what Jenny took for granted regarding the emotional links and she was constantly being asked about them She was asked by many to write down what she clearly and accurately saw and felt on the feet So she published her first book in 2010 and has run workshops on her first book As a result Jenny has developed and tested her theories on the emotional links even further In this second edition Jenny explains her theories and ideas on the deeper dimensions to a reflexology treatment and offers suggestions and tips to help your clients even more This book is written to help my fellow reflexology colleagues and anyone who is interested in reflexology to gain a deeper understanding of the emotional links that can be found on the feet and how to help balance them More information is available via www jennytalkington co uk Reflexology Denise Whichello Brown, 1999 Reflexology INGE DOUGANS, 2016-01-28 Reflexology is a form of the rapeutic 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 The Complete Illustrated Guide to Reflexology Inge Dougans, 1996 This volume introduces the art and science of reflexology describing the typical treatments and including many practical examples and case studies Reflexology is an alternative medicine involving the physical act of applying pressure to the feet hands or ears with specific thumb finger and hand techniques without the use of oil or lotion It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands with the premise that such work effects a physical change to the body Reflexology As a Business: How to Start and Grow Your Practice Donald A. Bisson, 2025-11-15 Reflexology as a Business A Practical Guide to Building Your Practice Turn your passion for reflexology into a thriving business This 100 page guide shows you how to Set fair pricing sliding scales house calls children seniors Navigate insurance taxes including GST HST in Canada Set up your clinic with the right equipment Market your services and attract loyal clients Avoid practitioner injuries with smart self care tips Written by a certified reflexologist with over 45 years experience this ebook is packed with practical tools strategies and real world advice to help you launch grow and sustain your practice

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Compl Illust Gde Reflexology Inge Dougans, 2002 Reflexology is a unique system of foot massage based on the same Chinese holistic principles as acupuncture This practical guide offers the reader a window into this remarkable therapy that can treat and prevent a whole variety of ailments

Reflexology for Beginners David F.

Vennells, 2001 Provides the history of the alternative therapy known as reflexology along with step by step instructions for practicing the various techniques of foot massage

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