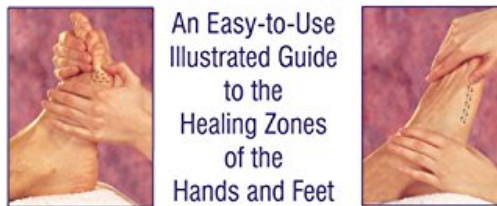


**THE REFLEXOLOGY MANUAL: AN EASY-TO-USE ILLUSTRATED GUIDE TO THE HEALING ZONES OF THE HANDS AND FEET  
BY PAULINE WILLS**

THE  
**REFLEXOLOGY  
MANUAL**



PAULINE WILLS

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## Review

"An ideal book for beginners and advanced reflexologists. Clear illustrations show how body organs and functions are mirrored in reflex points. The photographs and drawings are easy to follow and precise. This ancient therapy can now be understood clearly with the aid of this book. An excellent text." (New Vision)

## From the Back Cover

### **HOLISTIC HEALTH / BODYWORK**

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A professional reflexologist, yoga instructor, and color therapist with more than two decades of experience in England and Ireland, PAULINE WILLS pioneered the integration of color therapy with reflexology. The cofounder of the Oracle School of Colour in London, England, she is the author of several books on healing, including Chakra Workbook and Color Reflexology.

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A professional reflexologist and instructor with more than a decade of experience in England and Ireland, Pauline Wills combines yoga and color therapy in her practice of reflexology. She is the author of several books on healing, including The Reflexology and Colour Therapy Workbook.

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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.

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- 144 pages

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#### Most helpful customer reviews

0 of 0 people found the following review helpful.

Five Stars

By Kathy Wyant

Great

58 of 61 people found the following review helpful.

Lots of color photos

By .M.

I bought this book for my wife, but was a little unsure of what I was going to get, because the description is a little lacking.

It turned out to be pretty good, though. There's 144 pages with a semiglossy finish.

The thing I like best about it is that virtually every page is filled with large or multiple, full-color photographs or color diagrams.

Massage techniques are numbered sequences.

It seems very thorough, and although I don't plan to read it, my wife was very pleased with it (she was also relieved that I didn't get *The Idiot's Guide to Reflexology*, which seemed like another good beginner book).

13 of 13 people found the following review helpful.

Excellent Book

By Theresa A. Junaid

I love, love, love this manual. Very complete and wonderful how to for reflexology. I recommend this book to anyone just starting out with reflexology. I purchased this book for my massage staff who recently took a certification class on reflexology.

See all 56 customer reviews...

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