

## Reflexology The Complete Guidebook

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*The Complete Guide to Reflexology – Cardinal Publishers Group*

The Complete Guide to Foot Reflexology (Original) Best selling classic text for learning reflexology. It revolutionized the way reflexology was taught and learned when it was first published in 1980, launching an industry.

*Complete Guide to Foot Reflexology by Kevin Kunz*

Reflexology, also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet and hands. This is done using specific thumb, finger, and hand massage techniques without the use of oil or lotion.

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