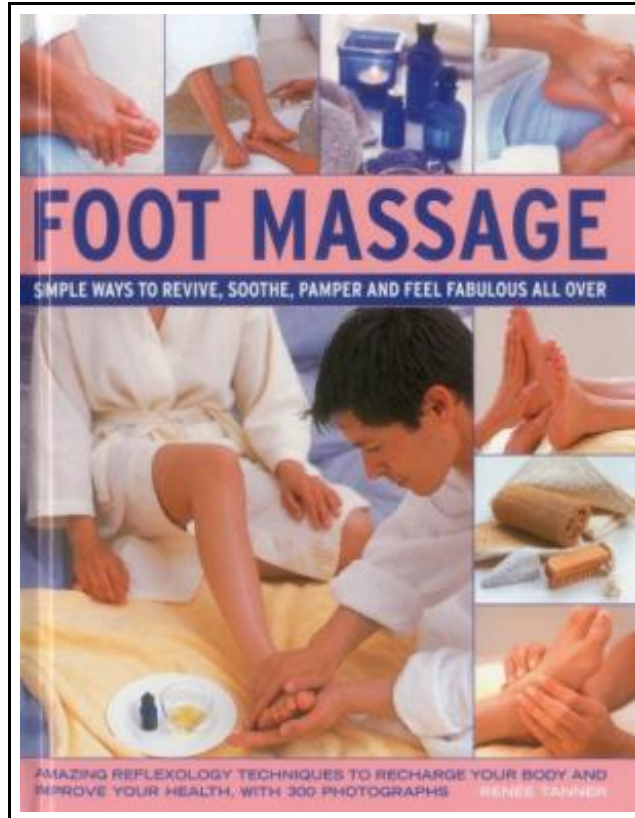


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Reviews

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.

(Troy Dietrich DDS)

FOOT MASSAGE: SIMPLE WAYS TO REVIVE, SOOTHE, PAMPER AND FEEL FABULOUS ALL OVER: AMAZING REFLEXOLOGY TECHNIQUES TO RECHARGE YOUR BODY AND IMPROVE YOUR HEALTH, WITH 300 PHOTOGRAPHS



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Foot Massage: Simple Ways to Revive, Soothe, Pamper and Feel Fabulous All Over: Amazing Reflexology Techniques to Recharge Your Body and Improve Your Health, with 300 Photographs, Renee Tanner, This book offers simple ways to revive, soothe, pamper and feel fabulous all over: amazing reflexology techniques to recharge your body and improve your health, with 300 photographs. This title covers everything you need to know about massage, reflexology and aromatherapy to keep your feet and body feeling wonderful. Clear text and 300 beautiful pictures cover every aspect of foot therapy, including pre-treatment warm-ups and all the basic techniques, as well as simple foot care remedies, lotions and scrubs that are easy to make at home. It offers treatments for all occasions, from a luxurious foot-pamper session to a complete reflexology routine. It has quick fixes for everything from headaches and insomnia to anxiety, backache and indigestion. Easy step-by-step self-treatments are included, as well as routines to enjoy with a friend or partner. If you've ever uttered the words 'my feet are killing me', you need this book. This informative guide will teach you how to pamper your feet and enjoy the total body benefits of good foot health - even when you're always on the go. With its easy-to-follow advice and in-depth information on reflexology and massage, this book shows you how to soothe aching feet to reduce stress, promote relaxation and restore energy. You can discover how to use the ancient art of reflexology to diagnose and treat problems all over your body. Advice on using aromatherapy oils is also provided in this title from one of the world's leading practitioners.

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