



Reflexology Massage

Monika Schaefer

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Reflexology dates back to ancient Egypt, China, and India, but this age-old massage technique offers powerful benefits for today. Reflexology divides the feet and hands into zones, where specific nerves within these extremities are directly linked to other areas of the body. By massaging, stretching, and otherwise manipulating these zones in focused patterns, practitioners can greatly reduce stress and improve energy flow to the affected areas. More than 100 color photographs and diagrams show exactly how to achieve great results. Beginning with session preparation, the instruction moves into proper grips and soothing holds, gentle pinching techniques, and manipulation for all five critical zones for hands and feet. A section on self-massage and tips for creating shorter massage programs are also provided.

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