



BOOK REVIEW:
REFLEXOLOGY: HEALTH AT YOUR FINGERTIPS
Barbara & Kevin Kunz

This colourful, illustrated book is decked out with step-by-step close-up photographs of reflexology techniques being demonstrated, with clear guidelines. I found this book very clear and useful as a reminder for subjects such as hand reflexology and specific health concerns.

This book is most suited to students of reflexology or newly qualified therapists wanting a reference tool as chapters include the history of reflexology, how reflexology works, benefits of reflexology, techniques and sequences.

The chapter entitled 'reflexology to target health concerns' covers conditions such as constipation, headaches, backache and neck pain, arthritis and rheumatism and shows photos of techniques on the feet and hands.

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