



**BOOK REVIEW:**  
**REFLEXOTHERAPY OF THE FEET**  
Hanne Marquardt

Based on the 4<sup>th</sup> German edition, this first English edition provides practical information on the use of Reflexotherapy of the Feet. Written by one of the most well known and respected reflexologists in the field with over 40 years experience. This book is aimed at beginners and qualified practitioners but the language tends to lean more to someone who already has an understanding of reflexology or is studying the subject in detail.

It is separated into three sections, General Principles which cover the zone theory of reflexology, grip techniques, dosage, indications and contraindications; Practical Part which goes into more detail about the zones using colour coded diagrams of the feet and colour photographs demonstrating techniques and examples of treatment on clients with certain conditions; Additional Information and Treatment of Special Groups of Patients goes further into treatment situations e.g. Treatment of Scars.

I find this book useful as a reference guide and there is always something new to learn when returning to its pages time and time again.

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