



BOOK REVIEW:

HAND REFLEXOLOGY: A TEXTBOOK FOR STUDENTS 2nd Edition
Kristine Walker

Don't let the title of this book put you off if you have been doing reflexology for years. A lot can be learnt by reading this clear, concise book showing anatomical drawings of hands and reflex points. Chapters include:

- Background & supporting theories of reflexology
- Hand charts
- Practicalities of giving a hand reflexology treatment
- Details of reflexology sequences for both hands.

A must for any practitioner who would like to learn more about incorporating hand reflexology into their practice.

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