



BOOK REVIEW:

HAND AND FOOT MASSAGE: MASSAGE TAKEN TO THE EXTREMES Mary Atkinson

Written by an AoR member this book provides a general overview of the benefits of touch particularly when applied to the hands and feet. Its focus is on massage only, rather than the much detailed reflex points used by reflexologists. However it still provides clear and concise tips on looking after hands and feet. I'm sure many reflexologists are guilty of not looking after their own feet when they are so busy treating others. This book's glossy pages contain striking, colour photographs, demonstrating the techniques described and could be useful as a self-help tool or to practice on family and friends.

Chapters include:

- Benefits of a caring touch
- Hand and feet – inside & out
- Oils and creams for massage
- Preparing for massage
- Hand massage
- Foot massage
- Massage for all ages
- Giving a manicure & pedicure
- Caring for your hands and feet

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