



**Book Review:**

**COLOUR REFLEXOLOGY: THE USE OF COLOUR REFLEXOLOGY FOR  
HEALTH & HEALING**

Pauline Wills

'Colour Reflexology' aims to integrate reflexology and colour therapy and provides a useful tool for those wishing to explore new techniques. The book gives basic information on reflexology and colour therapy, how colour is used as a healing tool, exercises and guidelines. Sections are divided into chakra colours, concentrating on the reflex points associated with these and the endocrine glands that correspond to these points. With coloured photos and illustrations throughout it makes an easy to read and enjoyable reference material. In each section there is a list of common ailments associated with the treatment colours, visualisations & meditations with colours and foot/hand charts displaying the reflex points. For anyone interested in incorporating colour into their practice, this book may provide them with up to date information and advice.

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