



BOOK REVIEW:
REFLEXOLOGY: A PRACTICAL APPROACH (2ND EDITION)
Vicki Pitman and Kay MacKenzie

This thorough and comprehensive book, endorsed by the AoR, is a must for all students of reflexology as well as a useful reference source for qualified reflexologists. The book is divided into three parts: Foundations of reflexology; Reflexology Techniques; and The Professional Reflexologist. Chapters include:

- The nature of the therapeutic relationship
- The consultation process
- Reflexology Techniques
- The treatment sequence and giving a whole foot treatment
- Some special applications of reflexology
- Hand reflexology
- Lifestyle advice to the reflexology client
- Business matters
- Communication and understanding your client

The appendix section contains an overview of conditions related to systems of the body and reflexes to concentrate on.

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Available in most major book stores, including www.amazon.co.uk and www.waterstones.co.uk.