



BOOK REVIEW:
**GENTLE TOUCH REFLEXOLOGY DVD 1: PRACTICAL TECHNIQUE
TRAINING**
Sue Ricks

From the beginning, Sue Ricks makes it clear that the DVD offers an overview of the Gentle Touch training and is to be used in conjunction with the student's course book, handouts and personal notes. However, I think the DVD is still useful to trainee and qualified reflexologists not following the course, as it offers an insight into Gentle Touch Reflexology and Sue generously shares her own personal insights and nuggets of information which are useful to anyone involved in reflexology. The DVD is beautifully shot, gentle on the eye with tasteful background music.

The DVD is very clear and concise; Sue has broken the treatment process down into digestible sections, which I found easy to follow. I know I would have benefited from watching such a DVD when I was doing my training. The instructions are clear and delivered by Sue in a very friendly but professional manner. Each section of the treatment is followed by a cross reference to the reflex charts that Sue uses in her training. I think this would be very beneficial to her students.

The DVD introduced me to some new techniques and also led me to think about the techniques I use. I was trained in a traditional way and eight years later still mainly work to the same routine, although I have incorporated some new ideas along the way. For example, Sue's DVD made me question why I always start on the right foot (she starts on the left); I also work on one foot at a time, whereas Sue works on both feet. I may not necessarily change the way I work, but the DVD did give me food for thought.

In my opinion Sue's DVD is suitable for both trainee and qualified reflexologists alike. She also conveys a real sense of confidence, which I think a student would find empowering; for example, throughout the DVD, she urges the student to trust their intuition and if something doesn't feel right, then not to do it.

The DVD is full of useful information, well worth watching and increased my interest in Gentle Reflexology. In my opinion it's a must buy for Gentle Touch students and an interesting reference tool for non Gentle Touch students who are interested in researching other types of reflexology.

Produced by Barney Books
Running time: 89 minutes

Available from Sue's own website (www.suericks.com) and from some major book stores such as www.amazon.co.uk.