

Foot Reflexology

A VISUAL GUIDE
FOR SELF-TREATMENT



Practice the rejuvenating art of reflexology at home—on yourself or with the help of a friend. Forty-six unique illustrations of the foot, overlaid with the corresponding body part, let you see at a glance which area of the foot to massage for the desired result.

Jürgen Jora

Foot Reflexology A Visual Guide For Self Treatment

Kristine Kaoverii Weber



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