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## **Complete Reflexology Tutor: Everything You Need to Achieve ...**

Written by a world-renowned reflexologist. Learn how to practice reflexology with this all-encompassing guide. Discover the origins of reflexology and how it works, then learn through the step-by-step guides how to master a variety of foot and hand reflexology routines. The Complete Reflexology Tutor clearly points the body's reflex points and how best to work them.

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The Complete Reflexology Tutor : Everything You Need to Achieve Professional Expertise by Ann Gillanders (2008, Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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Endorsed by the Association of Reflexologists, this complete course is ideal for anyone looking to start out in the field. With 30 years of experience, Ann Gillanders expertly leads novices through the reflex points for the body systems, explaining how the treatment works to cure common ailments, and how to use it effectively in special cases such as pregnancy, mental illn

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everything from mastering the very basics to setting up your own practice, and the extensive case studies add inspirational and helpful advice. Illustrated in color throughout, this is the one-stop manual for all students and practitioners of reflexology.

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The Complete Reflexology Tutor clearly points the body's reflex points and how best to work them. However, this book is not merely for the beginner. For the more advanced reflexologist, there is practical advice on how to establish yourself as a reflexologist.

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