

## Reflexology Hand

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### Reflexology Hand

Reflexology can bring quick relief to indigestion ... To aid digestion, massage the lung 'reflex' on the palm of your right hand. This starts around one inch from the base of your fingers and ...

### Hand reflexology for easing indigestion

Each section of our hand corresponds to different parts of our body: index fingers to the nose, top of the palm to our lungs and thumb to the spine and brain. Reflexology is often associated with ...

### Got backache? Try some hand reflexology

"Reflexology is the application of pressure to certain reflex nerve endings located in the feet and hands, which correspond to specific glands, organs and parts of the body," says Julie ...

### Happy feet

With so much going on in the world right now, more and more people are becoming more and more stressed. And while relaxation techniques and tips for creating calm abound online, not all these ideas ...

### De-stress and breathe easy with handy tip from Japanese vocal technique specialist

In the range of businesses related to health , the field of podiatry is being reinvented to attract new entrepreneurs interested in providing a service that we all need at least once a month: the care ...

### Business model: How to make money with the health beauty of the feet

Merely a couple of hours away you can find yourself a little oasis that will allow you to put your feet up, clear your mind and recharge those batteries. From Australia's oldest spa hotel to Olivia ...

### Best wellness escapes to recharge your energy

Here's everything you need to know about reflexology and birth... Reflexology is an alternative medicine practice which involves applying pressure using your thumbs, finger and hands to the feet – in ...

### Can reflexology induce labour and help reduce labour pains?

I sheepishly raised my hand and was met with deafening whoops ... Here, in the basement of a converted bank, the spa offers a 30-minute reflexology treatment for the feet which is said to ...

### The high-end hangover cures you need to know

Then, the restorative ancient art of reflexology is performed on the hands and feet. The Escape culminates with a relaxing head and scalp massage and facial acupressure. (credit: margots.com ...

### Best Massages In Detroit

In reflexology, aches involving the area around shoulder ... The patient's left foot is held with both the hands and with the therapist's fingers on top of the patient's foot and the thumb at the base ...

### Approaching Upper-Back Pain With Reflexology

Reflexology is a form of alternative medicine that applies pressure to the feet, hands and ears using techniques designed to promote health and reduce stress. Other benefits include mental health ...

### What Do I Need to Start a Reflexology Business?

From bowling to ghost hunting, you'll come to see that there are a plethora of things to do in Singapore even when it gets dark outside! Read along and discover all the midnight activities to ...

### 8 Midnight Activities in Singapore for When it Gets Dark

The theory behind reflexology is that areas of the foot correspond ... and acupuncture techniques have years of training and hands-on practice to help patients and to achieve licensure.

### Headache Relief Pressure Points

Expect to ease achy lockdown joints fast. Based on the principle that the body's organs are mirrored on the hands and feet, reflexology is a holistic therapy that aims to restore balance and wellbeing ...

### Your little black book of the best wellness practitioners in London

Annual Conference for Addiction Professionals will learn how to use Reflexology as a tool in working with clients in addiction recovery. This will be a featured workshop taught by Reflexology ...

### Focus On Healing Wellness Institute

Mom deserves the best – she has stood through the thick and thin, always there to lift your spirits and give a helping hand ... that will leave your mom in a reflexology mood from head to ...

### Best Places To Buy Mother's Day Gifts In Sacramento

Manicures, haircuts and restyles are all on offer alongside holistic therapy sessions including Reiki, Reflexology and hand massages. Head lifestyle co-ordinator at the care home, Lisa Sohn said ...