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### Reflexology A Hands On Approach To Your Health And Well Being

The prime difference between the hand reflexology and foot reflexology is that in case of hand reflexology, one uses the key points in the hands for stimulating the nerve to relieve tension, stress and imbalances of various connected parts/organs; while in case of feet reflexology, the specific points in the feet are used to stimulate the nerves for releasing stress, and correct imbalances in the connected body parts or the organs.

### What is Hand Reflexology and What are its Benefits?

A Hands-On Approach to Healing. As a Reflexologist, I believe that the feet hold the key to the body's health. This is not a new concept. In fact, doctors use the feet to gauge patient health when it comes to many ailments such as, diabetes, arthritis, and neurological and circulatory conditions.

### Home | Omward Reflexology

ITEC Reflexology. Great if you want a career change, and prefer the hands on approach! Then ITEC Reflexology can give you just that! Learn these techniques of the hands and feet in 4 simple modules and find out how you can contribute to the wellbeing of others, through the healing touch of reflexology.

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### Reflexology: A Hands-on Approach to Your Health and Well ...

Reflexology is the manipulation of reflex areas on the feet and hands that are connected to organs, glands and joints throughout the body through the nervous system.

### Reflexology Principles and Techniques - Sharing The Health

Reflexology helps to sustain a natural equilibrium in every gland, organ, muscle, tissue and cell in the body through stimulation of pressure points, called reflexes on the hands and feet. Stress is a normal physical response to events when a person feels threatened, upset or their equilibrium is threatened in some way.

### Positive Health Online | Article - Reflexology to Help ...

Reflexology, is a form of complementary therapy that helps a body heal from within, it seeks to achieve this by applying pressure to specific points, also known as reflexes, on the hands and feet. The therapy is founded on the theory that the reflex points on one’s feet are connected to specific organs and certain systems throughout the body.

### Learn Reflexology 2020 | How To Become A Reflexologist

Hands On Approach teaches the same complete massage curriculum as other schools, but we have the advantage of having been owned and operated by the same massage therapists for over 22 years. They have been personally involved in the progression of the massage profession since 1995, and with massage education in Texas since 1998.

### Massage School and Spa - Hands On Approach | Dallas ...

I also use the addition of aromatherapy to the hands and feet for that extra sense of relaxation and healing. I am experienced in using aromas on the reflex areas of the feet and hands to help the body heal itself. Contact me to book a session of reflexology Isle of Wight. Mobile services, by appointment only..