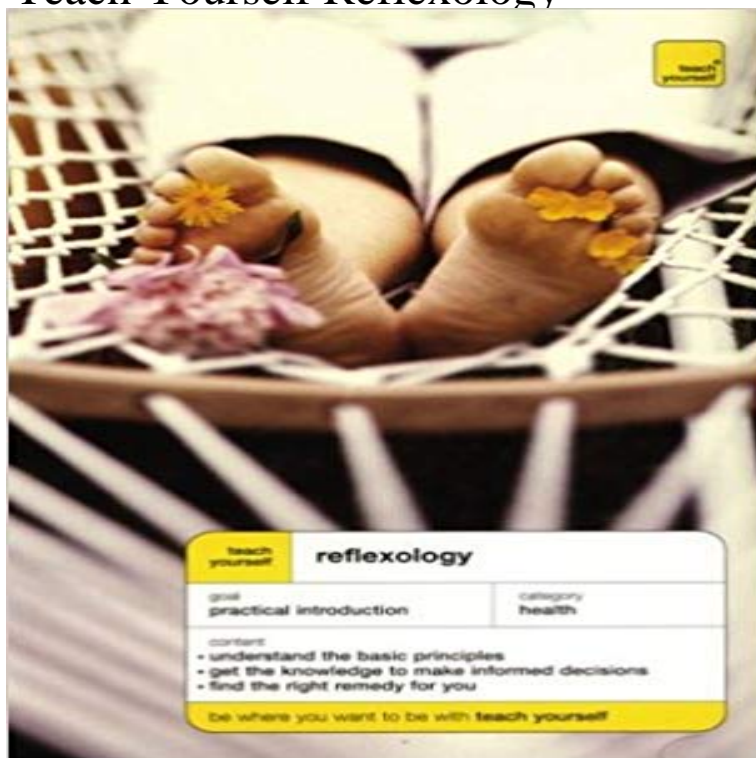


Teach Yourself Reflexology



Reflexology is an ancient form of healing which has been passed down for generations, all over the world. Using reflex points on the feet to stimulate the body's natural ability to heal itself, reflexology helps maintain overall health and relieve symptoms of stress and disease. Teach Yourself Reflexology is a clear introduction to the theory and practice of this intriguing therapy. Its step-by-step instructions and many illustrations give beginners the know-how and confidence to get started right away.

Revive your spirit. Restore your body. Discover your style.

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Feel free to make a reservation Open Mon -Thu: 9:00am – 6:00pm | Fri – Sat: 9:00am – 7:00pm

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