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Je pratique la réflexologie plantaire Marc-Aurèle Rocher,2024-03-07

Manuel approfondi de réflexologie plantaire Mireille Meunier,2013

La réflexologie pour tous Denis Lambole,2001 Un guide pratique et illustré pour soulager et traiter douleurs et problèmes de santé par la réflexologie plantaire et palmaire. Les techniques de base et le déroulement d'une séance. Les principaux points de traitement répertoriés selon les affections les plus courantes. Par une simple pression des doigts sur un point particulier des pieds ou des mains, il est possible d'exercer une action à distance sur un organe ou sur certaines parties du corps. Ce guide passe en revue les zones réflexes en relation avec les différents systèmes du corps humain et propose des fiches thérapeutiques très claires pour soulager une toux, un mal de gorge, une migraine, des douleurs dorsales, des problèmes digestifs, traiter une insomnie ou éliminer le stress.

Mon manuel de réflexologie plantaire Murielle Toussaint,2021-10-12

La Reflexologie a la Portee de Tous Barry Sarah Barry,2012

Les bons gestes de la réflexologie plantaire : un guide complet et détaillé pour la santé et la vitalité Jean-Louis Abrassart,2012

Manuel complet de Réflexologie pour les mains et pour les pieds Barbara Kunz,Kevin Kunz,2005-05-17 La réflexologie consiste à presser des points réflexes précis des pieds et des mains afin de déclencher des réactions salutaires dans d'autres parties de l'organisme. Pourtant, cette technique va bien au-delà des simples pressions. C'est une véritable méthode énergétique qui permet de se traiter soi-même et de soulager autrui : Les auteurs, réflexologues réputés, décrivent de manière extrêmement précise l'enchaînement complet d'une séance de réflexologie, tant pour les pieds que pour les mains. Leur pédagogie progressive, s'appuyant sur une infographie remarquable, montre d'emblée quels points ou zones réflexes presser et quelles techniques employer. • Grâce au ciblage thérapeutique des zones réflexogènes, toutes les pathologies courantes sont traitées : asthme, allergies, bronchites, sciatique, acouphènes, constipation, insomnies, douleurs, anxiété... Un manuel complet, essentiellement pratique, qui présente une méthode d'une efficacité remarquable.

Réflexologie plantaire Jean-Louis Abrassart,2016-04-02 La réflexologie plantaire s'appuie sur la correspondance entre certaines zones du pied et les organes internes pour soulager les petits maux de la vie quotidienne. Ce massage des pieds,

connu pour améliorer le fonctionnement global de l'organisme, procure une très grande détente tout en ayant une action bienfaisante sur la santé. Il permet de localiser les tensions et les petits dysfonctionnements du corps, puis de les faire disparaître en stimulant les zones réflexes correspondantes. Ce livre DVD contient : Une présentation des grands principes de la réflexologie + Un cours filmé guidé par un professionnel + Le détail des zones pour pouvoir traiter un point.

Cours de réflexologie André Beaudoin,Ghislaine Savard,Académie S.N.E.,1996

Réflexologie pour les mains et pour les pieds Barbara Kunz,Kevin Kunz,2017-07-07 La réflexologie consiste à presser des points réflexes précis des pieds et des mains afin de déclencher des réactions salutaires dans d'autres parties de l'organisme. Pourtant, cette technique va bien au-delà de simples pressions . C'est une véritable méthode énergétique qui permet de se traiter soi-même et de soulager autrui. Les auteurs, réflexologues réputés, décrivent de manière extrêmement précise l'enchaînement complet d'une séance de réflexologie, tant pour les pieds que pour les mains. Leur pédagogie progressive, s'appuyant sur une infographie remarquable, montre d'emblée quels points ou zones réflexes presser et quelles techniques employer selon les besoins de chacun. Grâce au ciblage thérapeutique des zones réflexogènes, toutes les pathologies courantes sont traitées : asthme, allergies, bronchites, sciatique, acouphènes, constipation, insomnies, douleurs, anxiété... Un manuel complet, pratique et accessible, qui présente une méthode d'une efficacité remarquable.

Le guide de la réflexologie plantaire au quotidien Marc-Aurèle Rocher,2021-10-21

Manuel complet de Réflexologie pour les mains et les pieds Barbara Kunz,Kevin Kunz,2011 La réflexologie consiste à presser des points réflexes précis des pieds et des mains afin de déclencher des réactions salutaires dans d'autres parties de l'organisme. Pourtant, cette technique va bien au-delà des simples pressions. C'est une véritable méthode énergétique qui permet de se traiter soi-même et de soulager autrui. Les auteurs, réflexologues réputés, décrivent de manière extrêmement précise l'enchaînement complet d'une séance de réflexologie, tant pour les pieds que pour les mains. Leur pédagogie progressive, s'appuyant sur une infographie remarquable, montre d'emblée quels points ou zones réflexes presser et quelles techniques employer. Grâce au ciblage thérapeutique des zones réflexogènes, toutes les pathologies courantes sont traitées : asthme, allergies, bronchites, sciatique, acouphènes, constipation, insomnies, douleurs, anxiété... Un manuel complet, essentiellement pratique, qui présente une méthode d'une efficacité remarquable.

Manuel complet de réflexologie pour les pieds et les mains Barbara Kunz,Kevin Kunz,2003

La réflexologie Collectif,2016-11-01 La réflexologie est une pratique millénaire et une méthode efficace pour retrouver l'énergie et recommencer à vivre de manière saine et paisible. Ainsi en lisant ce livre, vous pourrez aborder les massages bénéfiques pour votre santé !

Réflexologie pratique au quotidien Louise Keet,2015-10-09 Réflexologie, pratique au quotidien est une introduction claire et globale à cette méthode de guérison et de thérapie relaxante qui permet d'accroître l'énergie vitale et de stimuler les

processus de guérison du corps. Des techniques de base aux traitements préalables pour aider à guérir les maladies courantes telle l'asthme, la dépression, le mal de gorge, les problèmes de peau, les troubles gastriques, les problèmes constipation, l'arthrose, le mal de dos, ce livre vous dira tout ce que vous devez savoir pour pratiquer la réflexologie sur vous-même et sur les autres, afin de trouver votre chemin pour vivre une vie sans stress et sans douleur. La réflexologie est une thérapie douce, naturelle et sûre qui peut changer votre vie.

Réflexologie pour les pieds et les mains Barbara Kunz,Kevin Kunz,2008-10-06 La réflexologie consiste à presser des points réflexes précis des pieds et des mains afin de déclencher des réactions salutaires dans d'autres parties de l'organisme. Pourtant, cette technique va bien au-delà des simples pressions . C'est une véritable méthode énergétique qui permet de se traiter soi-même et de soulager autrui. Les auteurs, réflexologues réputés, décrivent de manière extrêmement précise l'enchaînement complet d'unes séance de réflexologie, tant pour les pieds que pour les mains. Leur pédagogie progressive, s'appuyant sur une infographie remarquable, montre d'emblée quels points ou zones réflexes presser et quelles techniques employer. Grâce au ciblage thérapeutique des zones réflexogènes, toutes les pathologies courantes sont traités : asthme, allergies, bronchites, sciatique, acouphènes, constipation, insomnies, douleurs, anxiété... Un manuel complet, essentiellement pratique, qui présent une méthode d'une efficacité remarquable.

Réflexologie Nicola M. Hall,Chris McLaughlin,2003-07-07 Dérivée de pratiques ancestrales du massage des pieds, la réflexologie, telle que nous la connaissons aujourd'hui, s'est popularisée au 20e siècle. Elle consiste en l'exercice de pressions sur certaines zones spécifiques du pied et de la main dans le but de localiser et traiter les maladies. Si le flux énergétique d'une zone est bloqué, la zone correspondante du corps en ressent les effets négatifs. Grâce à ce livre de poche, vous pourrez identifier les zones transversales et longitudinales des pieds et des mains, et vous apprendrez comment manipuler ces zones pour soulager les douleurs, favoriser le bon équilibre énergétique et stimuler la santé.

Guide pratique de réflexologie Amélie Le Plexier,2002

Réflexologie complète : manuel de l'étudiant(e) Lorraine Bourdon,Centre de réflexologie complète de la Montérégie,2006*

Réflexologie Carla Gaspar,2019-01-18 Répondez à votre recherche de bien-être ! Médecine chinoise, techniques de massage, énergie Yin et Yang... Découvrez une véritable alternative santé aux maux du quotidien. Bénéficiiez d'une pratique ancestrale, en massant vos mains et vos pieds ainsi que ceux de vos proches. A l'aide de textes clairs et de schémas précis, localisez les zones réflexes qui agiront sur vos organes et récupérez ainsi un bon équilibre général qui aura un effet positif sur votre esprit et vos émotions. 100 massages vous permettent de combattre les affections courantes.

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