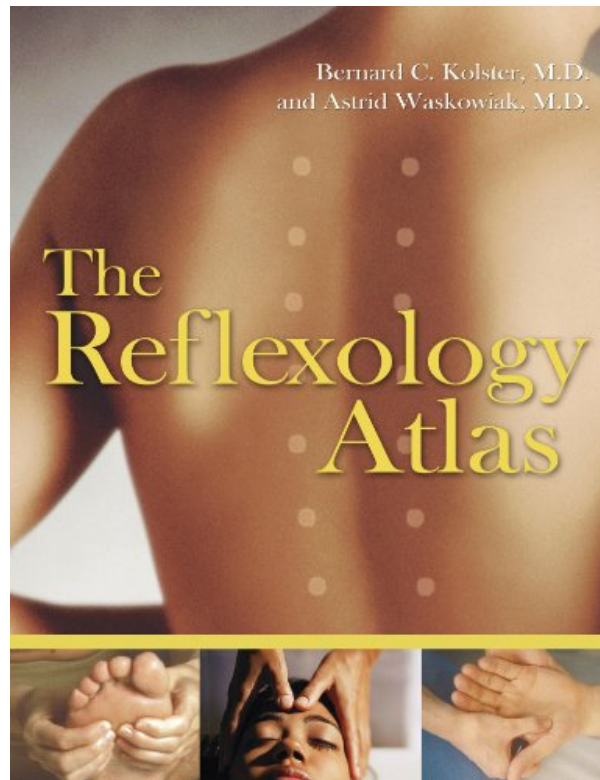
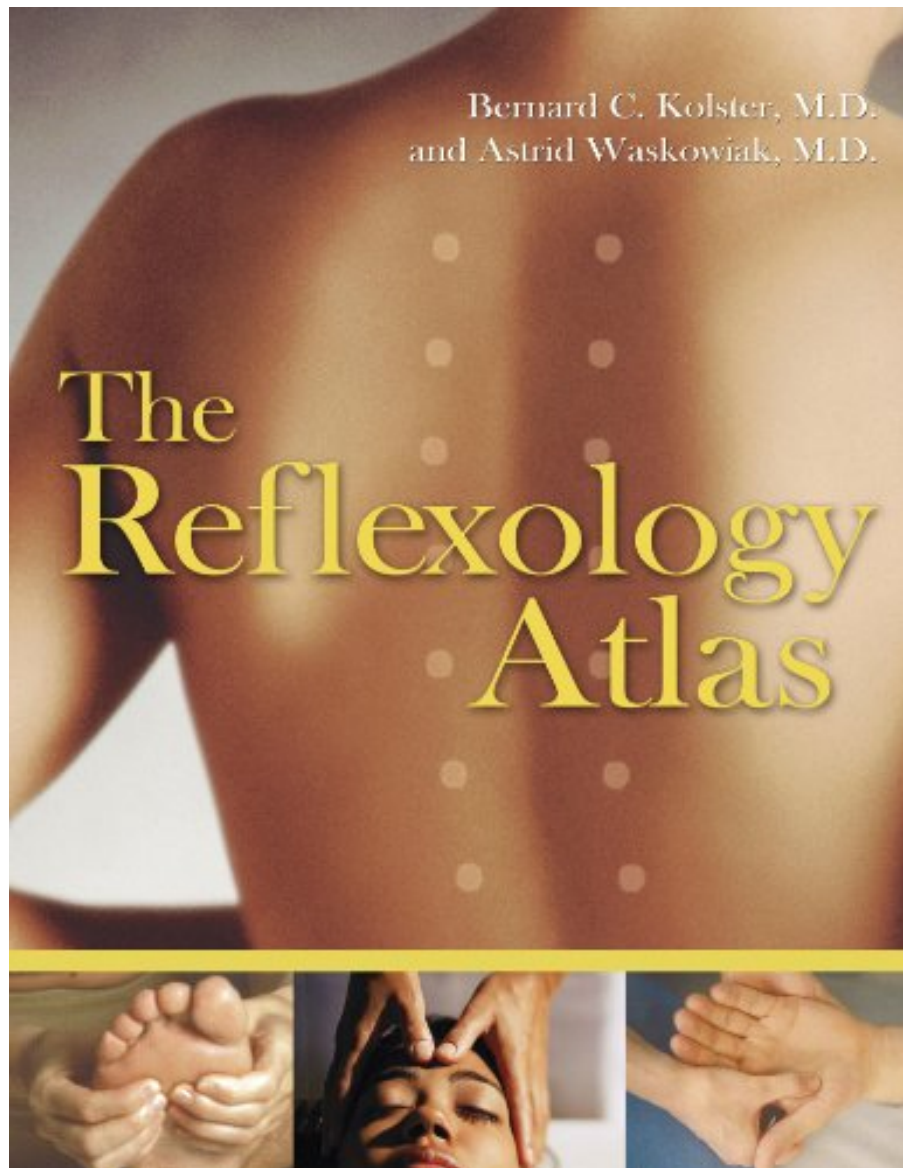


THE REFLEXOLOGY ATLAS BY BERNARD C. KOLSTER, ASTRID WASKOWIAK.



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- Provides reflexology treatments tailored for a wide variety of common health disorders
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Most helpful customer reviews

5 of 5 people found the following review helpful.

The best reflexology textbook ever

By Sonia St. Jules

What a fabulous find! The textbook is extremely well written, the format is much bigger than regular book size; pictures are colorful and tables are very easy to use. I am very interested in reflexology, have been studying it for a while and had reflexology sessions with a professional for years. I have never seen a reflexology textbook which would be better than this one. And the price is quite amazing. Get this book, you will not regret it. It also can make a great gift.

2 of 2 people found the following review helpful.

Great Techniques!

By Darlene

This is a great book filled with pictures of the techniques you can use for massage. It's very helpful. The only thing is that it can be difficult for some people to understand (like my husband). I do wish they had more techniques for the legs. It seemed to lack a bit in that area. I tried the techniques out on my husband and he loved the massage. Definitely great if you are just starting out or don't plan on being a professional at it.

3 of 3 people found the following review helpful.

Great for beginners

By Jess

Large full colored pictures show good detail, though the written explanations could go more in depth. I feel this has a very Western view of Reflexology, which makes it easy to understand--however, I think this may do a disservice to the roots of Reflexology.

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