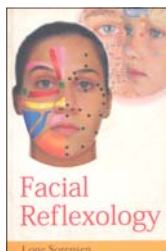




Reflexology World Bookshop



Facial Reflexology

by Lone Sorensen

This book aims to introduce Facial Reflexology, to explain the techniques and to trace its beginnings. This book is based on the author's practical experiences, theories, the research and studies carried out since 1978. It is based on treatments carried out by the author on thousands of clients.

R210 206 pages \$ 25.00

The Art of Thai Foot Massage

by Simon Piers Gall

The practical sections of this book clearly cover the different parts of the massage process, with colour photo and graphics providing clear explanations to help learners utilize the techniques with confidence. The book covers the history and theory behind Thai Foot massage.

R111 166 pages \$ 25.00



Eunice Ingham: A Biography

by Christine Issel

This new book by Christine Issel documents the life of Eunice Ingham. It gives an insight into the life of the woman often called the mother of modern day reflexology.

Chapters include: Life in South Dakota, The Me-giddo Years, Family Life, Life Work Begins, Marriage and Professional Jealousies, Naming the New Therapy, Legal Challenges and The Legacy.

A must read for every student of reflexology

R120 198 pages \$40.00

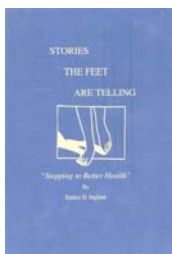
Stories The Feet Are Telling: Stepping to Better Health

by Eunice Ingham

This book is the third and last book by Eunice Ingham. Just recently published for the first time it has been hidden away in the archives at the International Institute of Reflexology.

This book is actually the transcript of a lecture that Eunice gave in 1958. As Christine Issel says "it is as if you are in class with Eunice lecturing".

R121 135 pages \$30.00

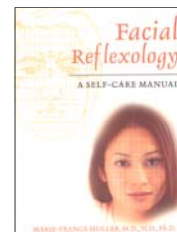


Facial Reflexology

by Marie-France Muller

The author describes the mechanics of facial reflexology--facial diagnosis, facial pressure points, reflex zones, massage and pressure techniques--and provides healing routines both for treating acute ailments and maintaining overall good health. Included is an extensive dictionary of more than 200 common ailments, accompanied by therapeutic instructions and easy-to-follow diagrams of the points to be stimulated, for complaints such as indigestion, asthma, pinched nerves, fatigue, insomnia, menstrual cramps, migraines, high blood pressure, sprains, pulled muscles, and even the common cold.

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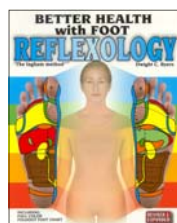


Language of the Feet (2nd Edition)

by Chris Stormer

This comprehensive book takes a holistic approach to examining the structure and nature of the foot and provides practical information on updated holistic techniques. Fully revised to be even more user-friendly, this in-depth guide is a must-have for present and future reflexologists alike. A guide to reading a person's past and present life from their feet, it shows how to use the principles of reflexology to balance physical health and restore emotional well-being and at the same time have fun.

R17 205 pages \$29.95



Better Health with Foot Reflexology

by Dwight Byers

This book is a practical guide which includes introduction to each anatomical system of the body and a step-by-step guide in applying the tenets of reflexology. Each section is illustrated to aid in practical application of the techniques.

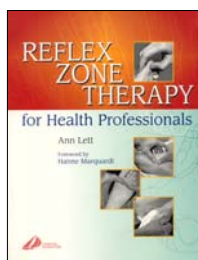
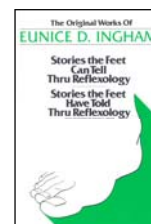
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The Original Works of Eunice Ingham

by Eunice Ingham

This book contains the combined works of Eunice Ingham, developer of modern reflexology. A classic book for the reflexologist's bookshelf.

R18 100pages \$21.00

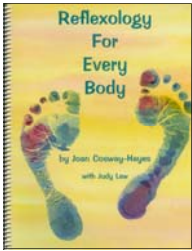


Reflex Zone Therapy for Health Professionals

by Ann Lett

This book covers the basis and theory of RZT, including the scientific basis of its action. It also covers the basics of RZT practice - assessment, interpretation and treatment through a variety of different strokes, holds and pressure techniques. In addition, the reflex zones of the body are described and illustrated in detail.

R20 312pages \$ 55.00



Reflexology for Every Body

by Joan Cosway-Hayes

This book is an easy-to-understand, comprehensive guide to reflexology. There are detailed and meticulous step by step instructions on how to work each reflex, combined with descriptions of body functions to integrate your understanding of the body, the foot and the foot reflexes. Everything you need to know about

reflexology is in this book.

R24 226pages \$55.00

The Reflexology Manual

by Pauline Wills

With its excellent layout and clear illustrations that show the location of the reflexes of the anatomy - the aura and the chakras- and its importance in treatment; information on the acupuncture meridians; and the benefits of using colour with reflexology.

R27 144pages \$30.00

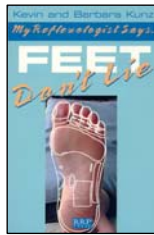
My Reflexologist Says....Feet Don't Lie

by Kevin & Barbara Kunz

Did you know that your feet are a reflection of your health? Where you've been and where you're going are recorded on your soles.

Make My Reflexologist your reflexologist. Learn how to read your feet and take effective preventative measures to live a healthier, happier life.

R37 96 pages \$20.00



Right Brain, Left Brain Reflexology

by Madeleine Turgeon

The author takes us far beyond hand and foot reflexology to a model of the brain and its complex relationship to human behaviour. Extensive charts and questionnaires help you identify psychological and physiological traits that indicate left or right brain dominance. The author shows how with this knowledge and the use of meridian, colour, sound and pressure point therapies you can stimulate the underused hemisphere and develop the resources and

talents that are specific to it.

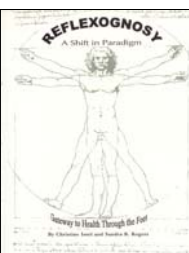
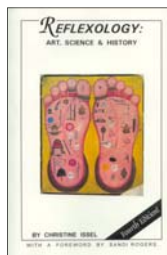
R28 217pages \$30.00

Reflexology: Art, Science & History

by Christine Issel

This book covers the history of reflexology: both ancient and modern; the science of reflexology: reflexology theory and action and the art of reflexology: art of reflexology, reflexology by reflexologists and charts from around the world.

R33 236 pages \$35.00



Reflexognosy

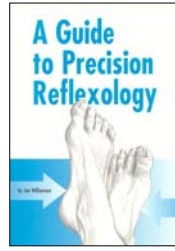
A Shift in Paradigm

by Christine Issel and Sandi Rodgers

'Reflexognosy is defined as the application of appropriate pressure to the legs and feet by the hands of a trained practitioner to bring about physiological and psychological changes stimulating subtle energies'. Reflexognosy is not a new way of doing reflexology. It is a new way of theoretically approaching the understanding of

the body and healing in general using the legs and the feet. Its theories are drawn from ancient cultures, quantum physics, and various energy medicines.

R21 194 pages \$ 35.00



Guide to Precision Reflexology

by Jan Williamson

Precision reflexology is a unique system that reflects an Eastern approach to healthcare. This is a complete therapy in its own right but it also offers a technique, ie linking, which can be adapted to enhance other forms of reflexology. This introduction to Precision Reflexology offers a step by step guide, with illustrations and charts for its

application. It explains how this can be one way of supporting an holistic approach to health.

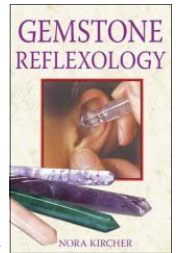
R15 85 pages \$40.00

Gemstone Reflexology

by Nora Kircher

Combining the healing energy of crystals and reflexology therapy, *Gemstone Reflexology* offers a holistic approach to triggering the body's self-healing energies to deal with a large number of mental and physical disorders, ranging from hear-tache to heart disease. The treatment is based on using eight gemstone wands-agate, amethyst, fluorite, heliotrope, rock crystal, rose quartz, rutilated quartz, and sodalite--that allow users to direct the healing power of the crystals to activate designated pressure points.

R87 112 pages \$25.00

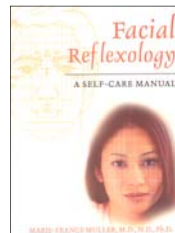


Facial Reflexology

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R58 288 pages \$30.00

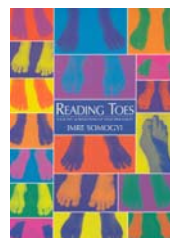
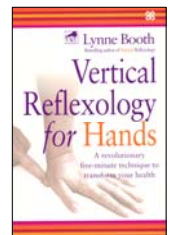


Vertical Reflexology for Hands

by Lynne Booth

Following on from her first book "Vertical Reflexology", Lynne has written this book for hands. Written in the same easy to read and use style of the first book. You will discover the extraordinary healing that is possible from hand reflexology, a step-by-step self-help treatment guide for common ailments and ground breaking material on nail reflexology. Reflexologists around the world have achieved remarkable results just by using the techniques given in the first book.

R56 198 pages \$30.00



Reading Toes

by Imre Somogyi

While working as a journalist and a television producer Imre became interested in natural healing. During this time he developed a theory that toes are mirrors and that shape and position of your toes show who you are.

120pages \$30.00



Natural Foot Care

by Stephanie Tourles

Say goodbye to sore and irritated feet forever with this comprehensive look at foot care. Easy recipes for moisturizing creams, relaxing soaks and healing ointments. Natural solutions to problems like corns, bunions and cold feet. Advice for finding shoes that fit. Exercises for strengthening and stretching foot muscles.

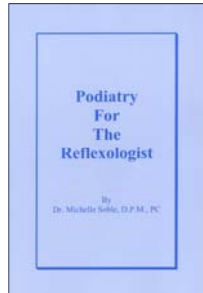
F10 187 pages \$ 25.00

Podiatry for the Reflexologist

by Dr Michelle Soble

This is a book that belongs on every reflexologists's book shelf. Reflexologists will enhance the quality of their practice by learning about common podiatric pathologies. The information in this book will change your approach to reflexology.

R64 100 pages \$27.00



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