



## Facial Reflexology: A Self-Care Manual (Paperback)

By Marie-France Muller

Inner Traditions Bear and Company, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. It is possible to rub certain zones of your face to relieve a backache or the beginnings of a migraine. It is likewise possible to stop a common cold from developing in less than a minute. Facial reflexology, one of the simplest and most effective healthcare methods, provides rapid relief for many of these common ailments. Developed in 1980 by Vietnamese doctors in Ho Chi Minh City as a less invasive alternative to facial acupuncture, facial reflexology uses healing principles based on the I Ching and Buddhist teachings. The therapy is simple enough that it can be self-administered by a beginner with immediate results and is also a valuable tool for healthcare professionals. In Facial Reflexology Marie-France Muller introduces this healing practice to the English-speaking world for the first time. She 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..



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