

Download Busy Person's Guide To Reflexology : Simple Treatments And Five-minute Routines

The Busy Person's Guide to Reflexology: Simple Routines for Home, Work, and Travel [Ann Gillanders] on Amazon.com. *FREE* shipping on qualifying offers. This proven program of five-minute hand and foot massage routines will promote health and reduce stress that is common among activeInsight Books - Metaphysical Bookstore - BUSY PERSON'S GUIDE TO REFLEXOLOGY: Simple Treatments and Five-Minute Routines (ISBN: 0764119672) by Gillanders, Ann and other books about Acupressure, Reflexology and ShiatsuThe Busy Person's Guide to Reflexology: Simple Routines for Home, Work, & Travel. Even when flying in a plane or sitting at an office desk, readers can employ many of these treatments and exercises. For men and women immersed in hectic work routines, this guide can be an inval.The busy person's guide to reflexology : simple routines for home, work & travel. [Ann Gillanders] -- Provides instructions for self-help hand treatments to bring immediate relief for ailments including headaches, motion sickness, panic attacks, back pain, and low energy levels.