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Reflexology: Physical, Mental, Emotional and Spiritual Effects

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Reflexology is a branch of alternate medicine or the science of using the various pressure points in our body to relieve stress or pain. There are several reflex or pressure centers in our body like a particular thumb or finger, or hand and reflexology stimulates them using any external materials like lotions and oils.

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Emotional Reflexology Workshop Description . Following the recent success of her book, â€œEmotional Reflexology a Practical Guideâ€• Jenny has been asked by a Reflexologists to carry out practical workshops based on the book.

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