



# La réflexologie au quotidien (La vie douce) (French Edition)

*Carla Gaspar*

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En médecines indienne et chinoise, **le pied est un miroir du corps humain** : chaque zone est reliée à un organe ou une partie du corps. La réflexologie consiste à masser cette zone, dite réflexe, afin de rééquilibrer l'énergie de cet organe et lui permettre de mieux fonctionner.

**Efficace et accessible à tous**, la réflexologie plantaire permet des résultats rapides et sans danger. Grâce à ce livre très didactique et simple d'utilisation, appropriiez-vous les ressources incroyables de cette technique pour **soigner vos maux courants**, soulager vos douleurs et, de façon plus préventive, aider votre corps à **rester en bonne santé**.

**Illustrée avec des schémas** indiquant la topographie des différentes parties du corps sur le pied et la main, chaque manipulation est expliquée précisément (type de massage, durée, conseils...), vous permettant ainsi d'adapter l'intensité du point de pression, en fonction du résultat souhaité.

strong>Source de bien-être et d'équilibre, la réflexologie deviendra vite l'alliée de votre santé !

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