

Synopsis

Full color professional illustrated chart of Hand Reflexology and the related Acupressure points of this ancient healing system. LARGE TYPE, special bright color-coding by CHAKRAS makes easy learning for novices. Includes points massaged for frequently used and valuable purposes, including: Tension/Stress relief, Health, Colds & Sinuses, Arthritis, Addictions, Headaches, Hiccups, Nausea, CHAKRAS, etc. Also illustrates the specific 7 endocrine glands and correlating chakra points in the Hand. This is the only chart specially COLOR CODED BY THE CHAKRAS and 7 endocrine glands for easiest learning. Used by many professional massage and reflexology schools. The special detailed color-coded illustrations make it also easy learning for first-timers. 8.5 x 11 in. 2-sided, Laminated, full color illustrations. See all 12 Charts in the Inner Light Resources Rainbow Charts Series: Search by publisher: Inner Light Resources

Book Information

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Customer Reviews

This is a well done chart. Lots of information is presented in full color on both sides. Well worth the price.

the color coding is good it helps to track and or remember the trigger points on the body I feel this is a good reference guide.

I have the earlier charts sans accupressure points and they are easier to read. However, the points are useful. Just that there is so much information on this chart it would work better as a wall chart or poster.

The graphics and text are wonderful, brief yet easily understood. The association with the chakras will assist me with the other modes of healing I use.

Very good to know about the importance of our hand, care its and how we can use for healing. Good colors and illustrative chart.

Very informative but confusing at the same time. Since it was a chart, I thought I would be able to learn and know quickly but I needed to read my book to know what I was even looking at. Now, I love it! PERFECT for quick reference and hope to save money and to my own acupuncture and acupressure!

Nicely colored, nicely detailed. I probably could have gotten this at my local Crystal Treasures store tho and supported my local merchants. I thought it would be bigger. my bad. I didn't pay attention to the size. Worth the price. Still a nice product.

I've purchased several hand and foot reflexology charts the last 30 years, but this one is the best hands down (no pun intended!!!). The color coding & excellent details make it the last one I will ever buy. Don't get the tiny one, it's a waste of time & money. It's too small to really see all the info well!!! I'm VERY happy with this purchase. Well worth the small price!!!

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