



# **Fußreflexzonenmassage: Wohltuende Massagen mit sanftem Fingerdruck. (German Edition)**

*Gabriele Hoffmann*

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Die indirekte Ganzkörpermassage

Alle Organe spiegeln sich in speziellen Zonen der Füße wider, und durch gezielte Massagen lässt sich ihre Tätigkeit anregen. Auf einfache Weise kann damit jeder etwas für seine Gesundheit und sein Wohlbefinden tun. Die genaue Zuordnung der Organe zu den Zonen und die einzelnen Reflexpunkte werden detailliert dargestellt. Die vorgestellten Massagetechniken sind auch für Anfänger leicht ausführbar.

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