



# Foot Reflexology Self Massage - 13 Power Reflexology Points for Health and Vitality

*Selene Yangtze*

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## Amazon #1 Best Seller

Foot reflexology is a marvelous healing and rejuvenating art for the treatment of common and more serious disorders encountered in modern life. Its benefits extend beyond a simple physical level, transcending to an emotional and even to a spiritual level.

**Foot Reflexology Self Massage**, written by *Selene Yangtze*, reveals 13 powerful foot reflexology points that each one of us can administer to ourselves for the most effective, medication free alternative to detoxify the body, improve health and boost energy. This book aims to provide an essential, yet concisely practical foot reflexology self massage guide that easily adapts to busy schedules. Written in simple language with clear illustrations, you can readily follow along its easy step-by-step routine to achieve your best health and vitality in no time. Check out the book NOW!

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