

An artistic illustration on the left side of the cover. It features a large, yellow foot with several black spiral patterns on its top surface. Below the foot is a blue hand, also with black spiral patterns on its palm and fingers. The background is a vibrant red with blue decorative lines and swirls. The entire illustration is framed by a blue border with a white scalloped pattern.

THE SELF-HELP REFLEXOLOGY *Handbook*

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routines for
hands and feet
to enhance
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and vitality

SONIA DUCIE

Self Help Reflexology Handbook

M Woodhall



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