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# Rainbow FOOT Reflexology/ Acupressure Massage Chart



## **Synopsis**

Vivid full color professional illustrated Rainbow® chart of Foot Reflexology and related Acupressure points of this ancient healing system. Includes special patterns of points to massage for frequently used areas, including for Stress relief, health, energy, colds & sinuses, neck/back/arthritis help, detox & lymph, headaches, etc. Also illustrates the specific 7 endocrine glands and chakra points in the Feet. Is the only chart specially rainbow 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 the first-time reader. 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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Average Customer Review: 4.6 out of 5 stars 214 customer reviews

Best Sellers Rank: #5,986 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #27 in Books > Office Products > Educational Supplies > Early Childhood Education Materials #786 in Books > Books > Self-Help

## **Customer Reviews**

The Rainbow Chakra chart by Inner Light Resources is the top-seller for us along with Inner Light's Rainbow Foot and Hand Reflexology charts. It is clear, well-organized, with large type, and easy to use. Our instructors love them to teach with. They would be very popular in any store or center especially that has educational books, charts, or gift-items. --Healing Light Books & GiftsI just got your Chakra, Reflexology, Crystals, and all the other of your 8 Rainbow charts and I love them! I think they are fabulous, colorful, and very useful --full of energy! --Ana Maria Egusquiza Zevalos. Lima, PERU I am so glad I have found these and the whole Rainbow charts series! [by Inner Light Resources/now from Inner Light Unlimited]. I have used them for years for myself, my clients, and when I teach at the college. I am an RN and have used Reflexology with my patients with

tremendous success for many years. I use these charts with my clients every day. The whole series is great, especially in this bigger size (vs wallet card) because they are easy to read and teach with. I use them for ME too. I hurt my back badly, was on crutches for 7 yrs, with intensive physical therapy. My body didn't begin to heal until I started to work with reflexology and other eastern therapies. I am now healthy, working and teaching at the college. I m so glad to have these charts to help my clients. Thank you! --Joan Kramer, RN, Healthy Essentials (WI)

Yshkeyna Hamilla, M.A. is a Natural Health coach and licensed Mental Health Therapist practicing in Florida for over 15 years.

What is a great chart!! The detail is wonderful and so easy to use...It is so full of information...Very easy to understand..... Color coded to different parts and sections of the body..This is such a useful chart! They are laminated which keeps them safe and easy to clean..Very excited to learn all the pressure points and do some self healing!!

Awesome detail, and great color definition. Easy to read and see where the points are on the feet. I can see most of the areas without my glasses, plus my clients are able to see the areas and understand what I touched.

What a wonderful chart!! I can't say enough about the detail, the color, etc. Definitely an easy to understand reference. I would very much recommend this product.

This is an amazing reflexology chart, with vibrant colors to stimulate & delineate the words & items depicted. It is also full of information. It is a well thought out & creative chart by the person(s) who created it. To fit in so much information in such an organized way, artistically as well, is a blessing. And, it is nice to have both sides covered with great information. It is a very handy tool & quite nicely laminated as well.

This chart is an Awesome tool for Reflexology classes as well as a go to brush up course in specific organs related to the various zones of the body; & helpful Aromatherapy tips & chakras prior to Massage therapy. It also saved me a couple of dollars buying the chart on !

This chart is exactly what I was looking for. I love having this info. right at my fingertips. I use it

almost daily along with my essential oils to relieve some symptom my family or I are experiencing. It's very easy to read and follow. The color coding makes it quick and easy to find what you're looking for.

Perfect for my office space, I thought it would be larger, however I never read the measurements. It's about as big as a newborn baby. Either way I am satisfied great chart and delivered on time.

It is VERY "crowded" but good information. If you get overwhelmed easily, I'd stay away...

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