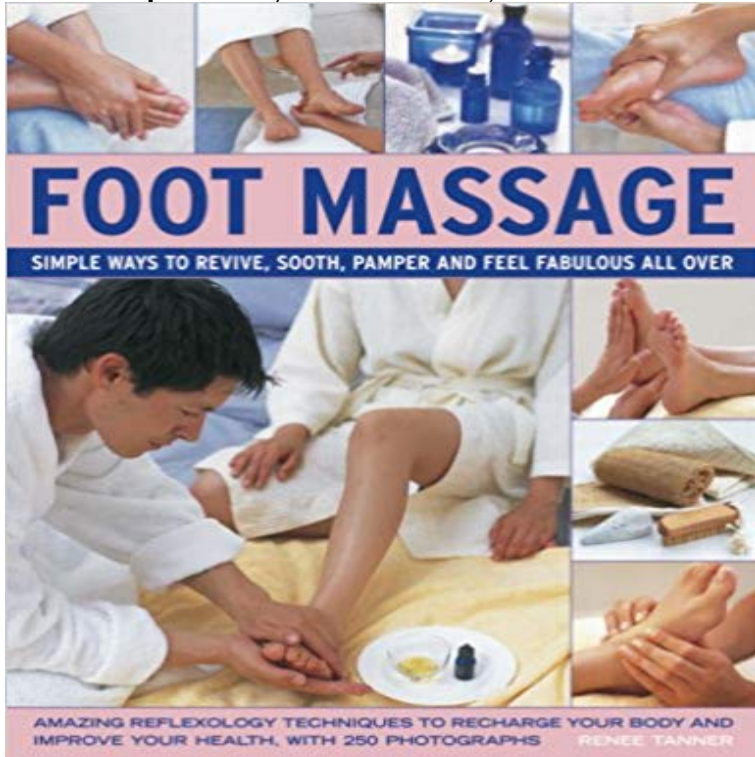


Foot Massage: Amazing reflexology techniques to recharge your body and improve your health, with 240 colour photographs



This superb volume offers a comprehensive range of ways to keep your feet in tip-top condition. Many books have been written on reflexology, and countless massage books contain small sections on foot massage. However, this book brings together not just reflexology and a wealth of foot massage techniques, but also aromatherapy, acupressure and simple home remedies. There is something here for everyone - no matter how much time you have - and you can discover how to treat others as well as yourself.

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Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

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Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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