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La Riflessologia

La riflessologia stimolerebbe la naturale autoguarigione del corpo stesso, non fermandosi solo alla soppressione dei sintomi, ma riportando l'intero organismo a uno stato di equilibrio e armonia; per ottenere ciò occorre la partecipazione attiva della persona interessata che dovrà diventare consapevole del suo stile di vita e porre dei cambiamenti dove necessita.

La riflessologia plantare in aiuto al nostro equilibrio Tutto si base sui “punti riflessi” e su quella che comunemente viene chiamata riflessologia plantare. La riflessologia plantare è una tecnica che sfrutta il massaggio su punti specifici del piede per...

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La Riflessologia. Alla corrente riflessologica appartengono Secenov, Bechterev, Pavlov e i pavloviani. La Riflessologia sostiene che i processi psichici sono ridicibili a riflessi, processi puramente fisiologici ed elementari. In senso più stretto per “riflessologia” si intende la scuola fondata da Bechterev.

La Riflessologia | InPsiche

Sebbene la Riflessologia plantare non abbia una base scientifica, ha guadagnato una considerevole propagazione come pratica di medicina alternativa, promettendo un effetto terapeutico per innumerevoli sintomi e sofferenze, apportando benefici e sollievo a persone che vogliono alternarla alla terapia farmacologica.

La Riflessologia Plantare: una tecnica da scoprire ...

La riflessologia svolge un ruolo importante anche quando parliamo di benessere: se siete tra quelle persone che sono senza dolori, ma convivono con un senso di mancanza di benessere e che vogliono trovare la strada per sentirsi finalmente bene e poter godere di ogni minuto della giornata come vogliono (e si dovrebbe), allora la riflessologia può essere l'aiuto che stavate cercando.

Riflessologia: guida completa alla scoperta della ...

La riflessologia della mano agisce sulla mano con il pollice nell’area del palmo. È il palmo della mano, infatti, a essere coinvolto principalmente nel massaggio palmare. La mappa della mano , infatti, evidenzia come sia sul palmo della mano diffusi maggiormente i punti della riflessologia della mano .

La Riflessologia palmare - Corso Riflessologia Plantare

Riflessologia Plantare Scopri la riflessologia plantare... Potrai applicare la riflessologia plantare per risolvere problematiche alle cervicali, alla schien...

Riflessologia Plantare - YouTube

La riflessologia plantare è una tecnica mediante la quale si ristabilisce l’equilibrio energetico del corpo, servendosi di un particolare tipo di massaggio che, attraverso la stimolazione e compressione di specifici punti di riflesso sui piedi, relazionati energicamente con organi e apparati, consente di esercitare un’azione preventiva e d’intervento su eventuali squilibri dell’organismo.

Riflessologia plantare: punti, benefici, controindicazioni ...

La riflessologia facciale vietnaminta, o Dien Chan, è un trattamento utile per alleviare diversi disturbi, non solo fisici, ma anche quelli di tipo comportamentale, così frequenti dal periodo dell’infanzia alla più complessa adolescenza.

La riflessologia facciale vietnamita: i benefici per i ...

La riflessologia deve essere parte integrante di un programma di dimagrimento. Abbina un'alimentazione sana e dell'esercizio fisico per accompagnare i risultati raggiunti con la riflessologia. Se hai deciso di affidarti a un professionista per riuscire a perdere peso attraverso la riflessologia, puoi integrare le sue sedute agendo tu stesso su mani e piedi più volte a settimana.

Come Dimagrire con la Riflessologia: 8 Passaggi

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La Riflessologia Plantare e i suoi benefici - Scuola ...

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COSA C’È DI MEGLIO DEL DRENAGGIO LINFATICO? LA RIFLESSOLOGIA. Nel caso di ritenzione dei liquidi e quindi gonfiori e pesantezza, la Riflessologia plantare è ...

Curare la ritenzione idrica con la Riflessologia plantare ...

La riflessologia della mano, o riflessologia palmare, è una tecnica (o pratica) di medicina alternativa, che prevede la pressione e il massaggio di specifiche aree dei palmi delle mani, con l'intento finale di apportare dei benefici ad altre parti del corpo umano, sofferenti per una qualche ragione.

Riflessologia della Mano - My-personaltrainer.it

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della Libertà 1 alle porte di Pavia; è un punto di riferimento per tutti coloro che intendano concedersi un momento di benessere e di relax in maniera naturale.

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La disciplina denominata riflessologia plantare è un massaggio e un trattamento che viene svolto sui piedi con le dita delle mani in modo da riequilibrare l’energia e il benessere dell’intero organismo.

La riflessologia Plantare - UNICO WELLNESS

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