

Types Of Complementary Therapy

A useful way to categorise complementary therapies...

Dietary and herbal therapies
(e.g. Western Herbal Medicine)

External energy therapies
(e.g. Reiki healing)

Mind therapies
(e.g. Hypnotherapy)

Movement therapies
(e.g. Alexander technique)

Pressure point therapies
(e.g. Reflexology)

Sensual therapies
(e.g. Aromatherapy)

Structural bodywork therapies
(e.g. Chiropractic)

Therapeutic massage
(e.g. Deep tissue massage)

Traditional complementary therapies
(e.g. Acupuncture)



A Complementary Therapy Practice A Prac

JA Banks



A Complementary Therapy Practice A Prac:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **A Complementary Therapy Practice A Prac** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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A Complementary Therapy Practice A Prac Introduction

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