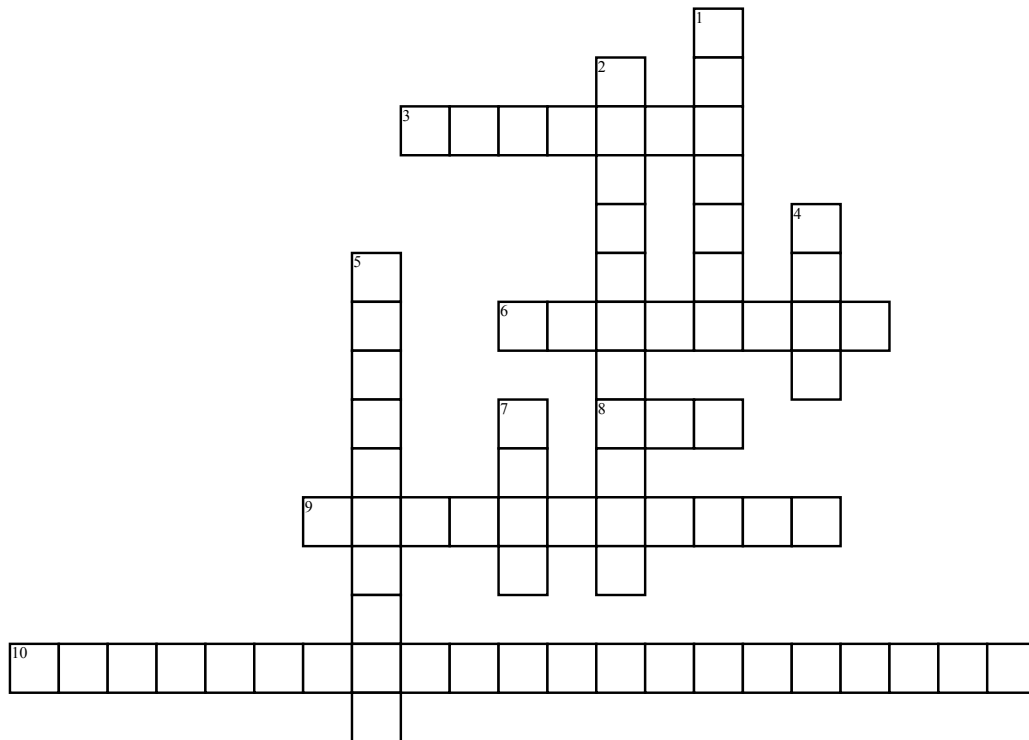


Reflexology



Across

3. What can be released from the body?
6. Type of practice for reflexology
8. Number of zones in body
9. Practice of applying pressure to certain areas of the body to heal itself
10. _____ works with reflexology

Down

1. Corresponds to toes (zone therapy)
2. Reflexology can improve?
4. Reduces and relieves?
5. Who discovered that applying pressure on hands or feet can relieve pain?
7. Main area pressure is applied

Word Bank

- | | | |
|------------------------|-------------|-------------|
| Holistic | Fingers | Feet |
| Fitzgerald | Ten | Reflexology |
| Central Nervous System | Circulation | Tension |
| Pain | | |