Dien Chan Massage Du Soir

A. de Chambure

Livres hebdo ,2009-10

A travers la presse A. de Chambure,1914

Dien Chan. Primo Soccorso. Ediz. Inglese Thi My Le Truong, 2018 Dien Chan - Vietnamese facial multi-reflexology is a method born in 1980 in Ho Chi Minh city (Viet Nam), thanks to the studies and experiments of prof. Bui Quoc Chau and his collaborators. It is a method that allows people to recover or maintain good health without resorting to the use of medicines, scalpels and needles but simply by massaging, pressing, tapping or heating certain points on the face, or parts of the body, which reflect the organs or areas of dysfunction. It is a natural therapy that aims to restore the energy balance of the body, stimulating a response from the latter, through reflex points. - It's simple - It's effective - It's cheap - It can also be done with fingers or knuckles - It can be done anytime and anywhere You can check the effectiveness of this technique through the different kinds of massage shown in this booklet, precisely in situations of acute discomfort.

Facial Reflexology for Emotional Well-Being Alex Scrimgeour,2023-05-02 Easy self-care facial massage techniques to heal body and mind • Details simple facial reflexology techniques to soothe the nervous system, calm your emotions, diminish stress and anxiety, heal trauma, treat PTSD, and bring a sense of safety and relaxation to your body-mind • Presents the major Dien Chan facial maps, reflexology practices for achieving overall good health, and protocols for working with different emotional states • Explains how to use Dien Chan for spiritual self-development and self-inquiry The Vietnamese facial reflexology practice of Dien Chan offers simple touch and massage techniques that engage the reflexology points of the face to help you tap in to the innate healing and regenerative powers of the body. Taking the practice further, master practitioner Alex Scrimgeour shows how to integrate Dien Chan with qigong and Chinese medicine as well as recent developments in neuroscience and cognitive science to treat a variety of emotional issues, from anxiety, addiction, and stress to trauma, dissociation, and PTSD. In this practical guide, Scrimgeour details easy facial reflexology self-care techniques to soothe the nervous system, calm your emotions, diminish stress and anxiety, obtain mental clarity, and bring a sense of safety and relaxation to your mind-body. He shows how the techniques often generate immediate effects and how the ability to feel safe, peaceful, and content within your body can in turn transform your perception and experience of the world. Sharing clear diagrams, the author presents the major Dien Chan facial maps and protocols for working with different emotional states. He

explores the energetic dynamic between the face and the body through the lens of neurophysiology and qigong as well as looking at the connections between qigong self-massage and the vagus nerve, revealing how self-massage techniques can effect change in the mind-body nexus. He explains how to use Dien Chan for spiritual self-development and self-inquiry, providing 23 meditative facial reflexology exercises that combine Dien Chan with qigong and traditional Eastern meditation practices. Revealing the holistic connections between the face and both physical and emotional health, this in-depth guide shows how simple facial reflexology practices can bring vibrant health and deep healing.

Massages aux 5 sens Margot Pims,2012-10-24 Il n'est plus besoin de démontrer l'efficacité des massages sur le bien-être. Le public ne s'y trompe pas qui plébiscite tous les massages existants, du massage californien au massage aux pierres chaudes, en passant par le massage thaïlandais ou le massage ayurvédique. Mais tout le monde n'a pas la possibilité d'aller dans des spas magnifiques aux quatre coins du monde pour se faire masser. Le massage stimule de fait le sens du toucher. Lorsque les autres sens sont stimulés en même temps, les bienfaits du massage sont décuplés : le sentiment de bien-être est incomparable. Vitalité et rayonnement sont alors au rendez-vous. Un livre avec toutes les techniques de massages, des conseils précieux pour optimiser leurs bienfaits et toutes les infos pour recréer chez soi une ambiance propice aux massages.

150 schémas de traitement en Dien Chan Bùi Quôc Châu, Zys Le Yen, 2016-05-31 Le Dien Chan est une méthode vietnamienne de multiréflexologie faciale mise au point par le professeur Bùi Quôc Châu en 1980. Elle permet, par la simple stimulation de points sur le visage, de soulager bien des maux et d'améliorer notre santé. Nous sommes en effet tous sujets à divers maux qui ne nécessitent pas forcément une visite chez le médecin ou pour lesquels nous souhaiterions nous passer de médicaments. C'est pourquoi, après avoir rappelé les grands principes du Dien Chan, les auteurs proposent dans cet ouvrage plus de 150 schémas de traitement pour le mal de dos, de dents ou de gorge, la migraine, le rhume, la toux, les insomnies mais aussi les acouphènes, les calculs rénaux, l'hypertension, les problèmes d'érection, les addictions au tabac ou à l'alcool. Destiné à un public expérimenté autant qu'aux débutants, chacun trouvera dans ce livre des conseils judicieux pour soulager la douleur et l'éviter par l'entretien régulier du corps et le renforcement du système immunitaire.

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