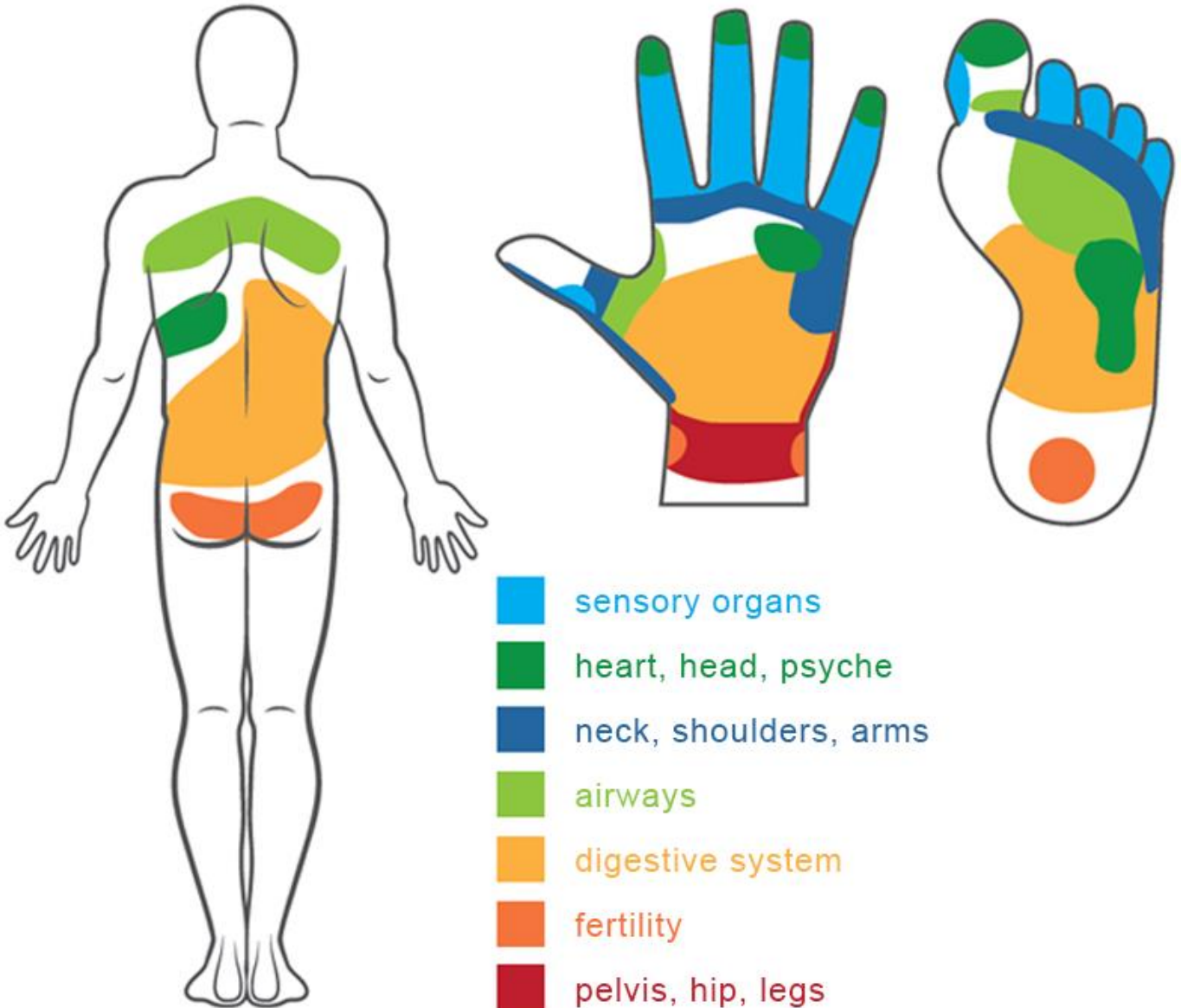


**REFLEXZONE**

This describes areas of the skin on the basis of a "map of complaints", the manipulation of which is indirectly influenced by nerve connections or impulse transmission with internal organs or processes without being directly treated.

Reflex zone massage is an alternative treatment method or is used for wellness purposes, with hand and foot reflex zones being the best known. However, the effects of the massage, which you can easily perform yourself using lacrosse balls, are not scientifically proven despite their popularity.



## Dorn method

The Dorn Method is a spine therapy from naturopathy. This based on the misalignment of the vertebrae as a cause of numerous complaints because out of every vortex a nerve pair, which accordingly for different areas of the body is responsible for.

During the massage along the spine, for whom the Twinball is an excellent should be able to be pressed slightly to Swivel back into the correct position be brought in to alleviate the complaints to reduce. The method is thanks to your Discoverers especially in Germany widespread, but there are still no Evidence of their effectiveness.



-  sensory organs
-  heart, head, psyche,
-  neck, shoulders, arms
-  airways
-  digestive system
-  fertility
-  pelvis, hip, legs
-  immune system
-  skin