

black book

foot rub You might call it that when your honey gives you one, but to professional masseurs, it's reflexology, which involves more than titillating your toes. Practitioners claim they can promote healing by targeting pressure points that correspond to internal organs, glands and muscles. Does it work? Many clients say yes. One thing is for sure—a fabulous foot massage never hurt anyone. —Rebecca DiLiberto



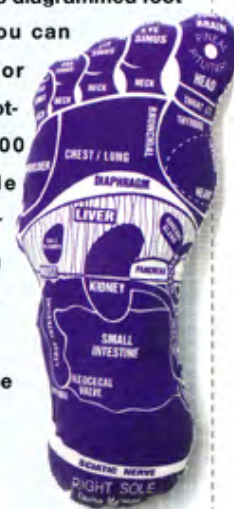
Hilary Swank

New York City

Laura Norman 41 Park Ave.; 212-532-4404 **the price** \$100–\$200 for one hour **the scoop** A leader in the field for almost 35 years, Laura Norman is the grande dame of reflexology. Regis Philbin credits her with curing his kidney stones; Hilary Swank wears Norman-designed massage shoes. Norman takes a health history before doing her “thumb walking” treatment, which she says promotes weight loss.

SOLO SOLE WORK

Laura Norman offers diagrammed foot pillows (right). You can also walk a mile (or more) in Laura's foot-friendly shoes (\$200 to \$225). Available as boots, loafers or clogs, they have an insert with slightly raised areas that soothingly massage feet on the go.



Reflexology Pillow, Laura Norman, \$25 (small) or \$35 (large); 800-333-8347

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