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Hands of healing - Rangeela Massage Center Whole Body Massage Massage Therapy Foundations of Massage The Complete Body Massage Course Massage for Busy People Neal's Yard Remedies Complete Massage The Book of Massage Complete Self Massage Workbook Easy Massage A Complete Guide to Massage Massage Basics The Everything Massage Book Healing Massage Body Massage The Book of Massage Dynamic Body use for Effective, Strain-Free Massage Massage For Dummies The Joy of Sensual Massage The World's Best Massage Techniques The Complete Illustrated Guide Rangeela Massage Center Nitya Lacroix Susan Salvo Lisa Casanelia Nicola Stewart Dawn Groves Neal's Yard Remedies Lucinda Lidell Kristine Kaoverii Weber Fiona Harrold Susan Mumford Davide Sechi Valerie Voner Maureen Abson Mo Rosser Lucy Lidell Darien Pritchard Steve Capellini Jack L. Hofer Victoria Stone

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if you have picked up this book it means you might be interested in knowing more about massage therapy and its outstanding benefits you will find complete and most valuable information about massage therapy here the benefits of massage go beyond just treating muscles this outstanding healing method has been used since ancient times through this book you find out the rich history of massage therapy and the countless benefits it offers touch is a power beyond words can explain it heals the body mind and soul we shall then learn more about why touch is so powerful and how it can improve our lives

we all experience some degree of stress and anxiety in our day to day lives and this book provides a wide range of treatments and techniques to soothe tone and relax the body special routines for tackling specific problems are included from headaches to indigestion as well as a host of pampering treats

foundations of massage 3e is a comprehensive practical and theoretical foundation for all aspects of massage therapy the book prepares students for clinical practice through the presentation of step by step techniques and treatments this revision of this australian text for the practice of massage therapy includes new material on specialised application of massage such as providing services for people with disabilities working in aged care and providing services for people with chronic disease states and life challenging illnesses more than 350 illustrations and photographs of manual applications questions and activities at the end of each chapter comprehensive glossary evidence for massage therapy completely revised and updated inclusion of references to legislative and regulatory information to massage therapy practitioners expanded anatomy illustrations in full colour appendices a more comprehensive chapter on pregnancy massage updated by well known international author suzanne yates a more comprehensive chapter on infant massage history chapter has been expanded to include influences on the massage industry from europe and north america

what s the best massage for you do you just want a quick relaxing massage or do you have a specific condition and need to know which massage therapy will heal it most effectively whatever you re looking for the complete body massage course is sure to have it the book features massage treatments to promote general wellbeing and help a wide range of everyday ailments and conditions the first part of the book details the basics what to wear how to set up your work space and oils and lubricants this is followed by the main part of the book where you will find detailed instructions of 15 of the most popular massage therapies including swedish thai shiatsu and indian head massage each one has a full introduction giving the history and the benefits of the therapy and then there are step by step colour photographs enabling the beginner to learn the principles each one for those who wish to learn more and investigate further the third part offers a range of other therapies in more concise detail the book ends with a fully cross referenced symptoms index so readers who wish to try a massage that s ideal for a specific condition or ailment can find the right massage with the minimum of fuss the complete body massage course is the ideal resource book for all those interested in being introduced to the massage techniques available to improve their mental and physical wellbeing

do you feel stressed tired depleted do you hold tension in certain parts of your body because of your busy lifestyle or extended time in one position such as working at your computer or sitting in a car commuting muscle pain back spasm and a host of anxiety related disorders seem inevitable in today s overproductive world however there s a simple way to rebuild and counteract the damage inflicted by this grueling lifestyle self massage with clear instructions and 30 photographs this books describes various types of self massage techniques for relieving stress and relaxing by learning about intention and focus timing practice and a balanced approach you can maximize the benefits of quick massage and create a personal massage routine tailored to the demands of your world in just a few minutes a day you ll learn to strengthen your posture diminish aches and pains replenish your energy and target specific conditions such as headaches or stiff neck in a practical and inspiring way massage for busy people takes the practice of massage and personalizes it for all environments at home at the office in the car or on a plane

explore in detail the profoundly effective power of touch led by experts at Neal's Yard Remedies. Want to really understand the health and wellness benefits of massage interested in practising massage at home or considering taking a course let this book be your guide to everything from effleurage to epineurial all the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles and the profound effect massage can have on the nervous system and on cardio and lymphatic health learn about the key disciplines from Swedish to Shiatsu reflexology and hot stone therapy access over 30 bespoke massage sequences tailored to treat specific complaints and special client groups such as pregnant women babies and those recovering from surgery find out how to prepare physically and mentally and get the lowdown on oils and massage beds diffusers and candles and if you're receiving a massage discover why drinking water before and after is important and how focusing on breathing enhances muscle relaxation become an expert in all that massage has to offer and share its miraculous health benefits

a guide to the relaxing and healing skills of massage the ancient Japanese art of Shiatsu and reflexology with step by step instructions the book guides the reader through the complete working sequence for each skill and provides detailed descriptions of appropriate strokes for each part of the body the book also explains what the body can tell you and shows how massage can be used to soothe to invigorate to relieve aches and tensions and to help in difficult circumstances from work to leisure from pregnancy to old age

if we're suffering from stress have a headache or simply feel listless most of us tend to reach for the aspirin the complete self massage workbook offers a great alternative 100 quick and effective exercises designed to relieve stress and other minor health problems drawing on Taoist studies as well as Shiatsu reflexology and Indian head massage Kristine Kaoverii Weber shows you how to harness the healing power of self massage all the techniques are explained with step by step pictures alongside clear instructions so they're easy to understand and perform plus each exercise focuses on accessible areas of the body hands and feet face and head neck shoulders and lower back making them ideal for use in the office at home and even when travelling this is the perfect self help guide for anyone interested in improving their physical mental and emotional well being through the healing power of touch

provides a variety of simple massage routines to help one de stress and relax

this book will give you all the beginning strokes pressure points and techniques you'll need for a super rejuvenating relaxing massage

massage has been proven to reduce stress promote healing and enhance healthful living unfortunately spas and massage therapies can be prohibitively expensive the everything massage book provides readers with all they need to put professional massage techniques to use in their own homes packed with easy to follow instruction

this reader friendly guide presents the many benefits of massage and addresses the ten most popular techniques including swedish and shiatsu massage

healing massage is a practical guide to using massage to treat a range of medical conditions organized alphabetically this book offers helpful treatments for more than 40 medical conditions including asthma cancer frozen shoulder and plantar fasciitis

mo rosser s classic text on body massage is brought fully up to date with the new 2010 standards and includes new photos and activities

the most significant cause of early retirement from the massage profession is the cumulative strain on the body developed in the course of performing the work the explosive growth of this occupation in recent years has been accompanied by an increase in the number of work induced problems practitioners can easily strain their hands particularly their thumbs fingers and wrists as well as their shoulders and backs written by noted teacher and trainer darien pritchard this useful book explains those aspects of massage that can lead to these problems and shows how to apply pressure in ways that avoid them the focus is on how to use the body safely and effectively the author explores the benefits of involving the whole body to generate the power and movement that support the hands saving the hands by using them skillfully and conserving them by using other body areas such as the forearms and elbow whenever possible featuring 2 000 illustrations dynamic bodyuse for effective strain free massage is essential reading for anyone involved in massage whether a student a professional massage practitioner or teacher sports massage therapist or aromatherapist

sooth away stress banish pain and share the language of touch with the healing powers of massage what reduces pain enhances athletic performance job efficiency improves the circulation raises immune efficiency promotes the healing of tissues increases the functioning of the skin enhances focus and emotional balance and improves appearance right massage so what are you waiting for discover how to knead your way to relaxation and wellness with this fun guide to the art of massage with the help of numerous step by step hands on photos and illustrations massage for dummies 2nd edition shows you move by move how to harness the healing power of touch in no time you ll master the basics and learn how to give and receive a therapeutic massage 25 new and expanded content in this edition covers an array of techniques from swedish to deep tissue and sports massage to self massage the newest strokes and techniques that can relieve specific painful conditions hands on and extremely practical massage for dummies 2nd edition shows you how to integrate massage and its benefits into your everyday life

here is an accessible easygoing guide to one of the oldest and most effective of the therapeutic arts illustrated with attractive ink washes and featuring step by step instructions the book discusses many different massage techniques from around the world including swedish shiatsu and acupressure

massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety boost immunity and alleviate

pain the world's best massage techniques presents the most effective massage and bodywork techniques from around the world many of which have been used for thousands of years to soothe stress and tension alleviate discomfort and give pleasure this beautiful hands on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation stress relief and wellness swedish massage kneading strokes lengthen tense muscles hot stone massage heated flowing movements penetrate tight knots thai yoga massage assisted stretches bring the body into alignment reflexology focused pressure activates energy meridians lomi lomi sensuous strokes calm the body and mind tantsu close body to body contact creates intimacy polarity gentle rocking movements loosen muscles and joints shiatsu small compressions reduce pain and aid injury recovery color photography and step by step layout make techniques understandable and immediately applicable with the world's best massage techniques you can use the world's most exciting bodywork techniques in your own home

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Introduction

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