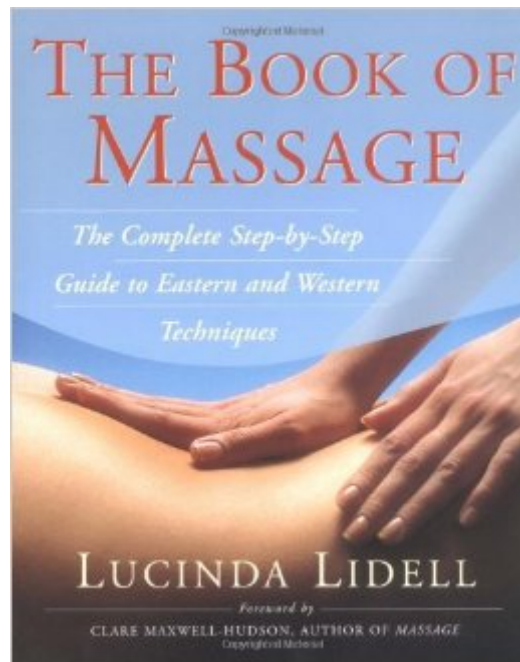


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The Book Of Massage: The Complete Step-by-Step Guide To Eastern And Western Technique



Synopsis

A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

Book Information

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Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (143 customer reviews)

Best Sellers Rank: #13,425 in Books (See Top 100 in Books) #6 in Â Books > Religion & Spirituality > New Age & Spirituality > Reference #6 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #9 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Massage

Customer Reviews

As a fibromyalgia patient, I've found massage to be a great help in managing my disease. When my husband indicated he'd like to learn how to help me through painful moments, I began looking for a book to help teach him the basics. The combination of clear instructions, multiple suggestions for customizing massage experiences, and fantastic illustrations made this a winner (and I checked out about twenty or so different books). For someone who started with movements similar to what you'd use to pet a cat, the techniques absorbed from this book greatly increased not only his skills but his creativity in working knots out of sore muscles. I also found myself suddenly figuring out exactly how mysterious moves (from the client's perspective) were pulled off, such as using forearms or elbows

instead of just palms or fingers. A few combinations of area-specific instructions intrigued me, and once suggested to a massage therapist, ended up being just the ticket for sore shoulders. Although you can learn incredible things from this book, it's not a substitute for actual training. Even my middle-ground position as having learned from several talented massage therapists and being able to replicate their results on friends and family members do not make me nearly as adept or knowledgeable as the professionals. It's a resource and perhaps a "Layman's Guide," but not nearly enough to open a business on or to claim expert status. It's not at all comprehensive of all the techniques out there, but it's a great place to start. Although some of the illustrations are not youth-appropriate (I would not give this to a teen curious about massage), they are still handled tastefully and within context most of the time, especially considering when this was published.

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