



The Complete Illustrated Guide To Massage - A Step-by-step Approach To The Healing Art Of Touch

Stewart Mitchell

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A beautifully illustrated, easy-to-follow guide for those who want to learn to practice the beneficial effects of massage. Under the guidance of experienced clinician and trainer Stewart Mitchell, The Complete Illustrated Guide to Massage focuses on the practical aspects and benefits of massage, from the full body massage through to tips on soothing self-massage to ease stress, gentle massage techniques for pregnant mothers, babies, the elderly and the sick, and treatment for sporting or performance injuries. Every treatment is shown in simple step-by-step photographic sequences. The book is divided into helpful sections including: all about massage; understanding your body; the basic techniques; massage in practice; special approaches and techniques; special treatments; and self-massage treatments.

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