



Total Body Massage: The Complete Illustrated Guide to Expert Head, Face, Body and Foot Massage Techniques

By Nitya Lacroix, Sharon Seager, Francesca Rinaldi, Renee Tanner

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Total Body Massage: The Complete Illustrated Guide to Expert Head, Face, Body and Foot Massage Techniques, Nitya Lacroix, Sharon Seager, Francesca Rinaldi, Renee Tanner, This is the complete illustrated guide to expert head, face, body, legs and feet massage techniques. It is the ultimate expert step-by-step manual of massage techniques suitable for beginners to advanced levels. It includes routines both for self-massage and to enjoy with a friend or partner. It features specially devised step-by-step massage for people at all stages of life, from babies to the elderly. It also features over 800 specially-taken colour photographs designed to illustrate every technique in simple-to-follow detail. 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. The book includes the latest techniques from East and West, including deep tissue massage, aromatherapy, shiatsu, reflexology and Indian head massage. 800 step-by-step photographs and illustrations make this book the ultimate guide to therapeutic body treatments, healing...



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