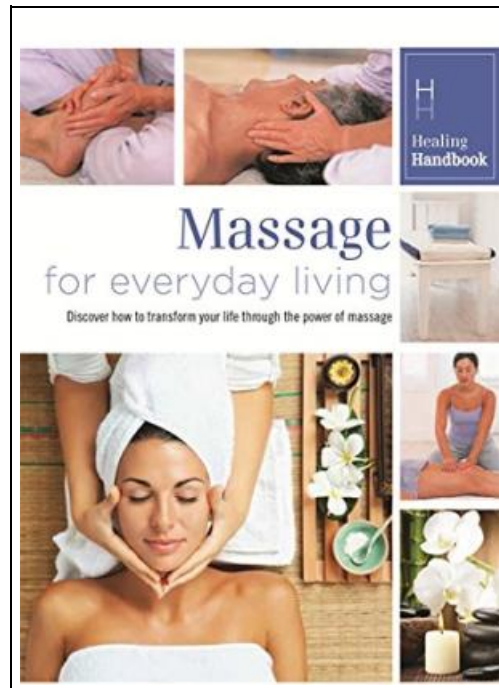


Healing Handbooks: Massage for Everyday Living



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.




(Dr. Hermann Marvin PhD)

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Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, Healing Handbooks: Massage for Everyday Living, Massage for Everyday Living provides simple but effective massage techniques to ease away the stress and anxiety of a busy life in the rush of the modern world. Drawn from Shiatsu, head massage, acupressure, therapeutic massage and aromatherapy, there are step-by-step routines to treat a range of common ailments, from tension and indigestion to aches and pains. There are suggestions for morning, evening and day time routines and advice on how best to incorporate massage into your life. Also featured are crystals and essential oils which go perfectly with each massage to allow you the full body experience.

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