



## The Easy Massage Workbook: A Complete Massage Class in a Book

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By Clare Harris

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Easy Massage Workbook: A Complete Massage Class in a Book, Clare Harris, This book brings all the benefits of a personal massage class into the home. An introduction to the principles and health-giving effects of massage is followed by detailed, step-by-step instructions on techniques and basic strokes. Featuring carefully paced massage routines, "The Easy Massage Workbook" provides the reader with expert guidance to help them practise and perfect their massage skills. Instruction in the basic strokes - such as stretching, thumb circling and kneading - is followed by more detailed information on how two or more strokes can be combined to create specific groups of movements and how these, in turn, can be combined to create complete massage routines. Each step is clearly illustrated by specially commissioned photography. Practical information on safety and contraindications is provided, as well as clear advice on how each massage can be adapted for practice on the elderly, babies or pregnant women. All the massage routines have been selected because they help overcome common problems caused by modern lifestyles, such as neck and shoulder tension.



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