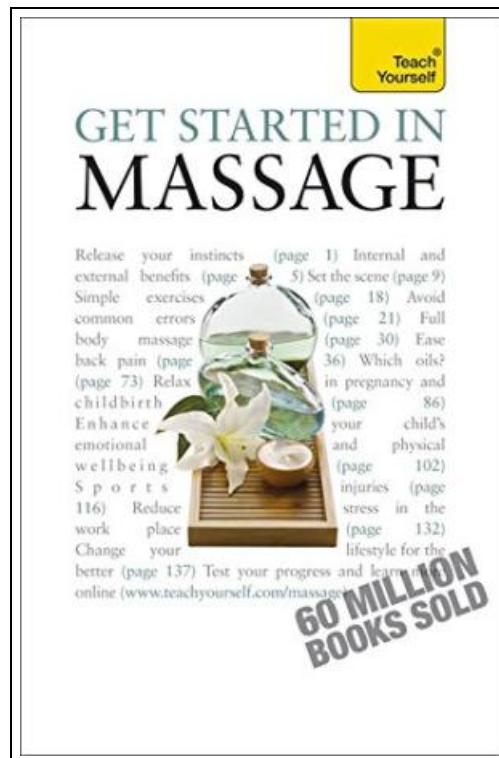


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Reviews

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(Leilani Rippin)

GET STARTED IN MASSAGE: EASY TECHNIQUES TO BOOST RELAXATION, TREAT ACES AND PAINS AND PROMOTE CLOSENESS (PAPERBACK)



Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Is this the right book for me? Starting by helping you to understand what's happening in your body, Get Started in Massage will give you practical guidance on how to use massage for therapeutic and healing purposes. Step-by-step guides with diagrams and a breakdown of which oils to use and when accompany sections on sports injuries, massage for pregnancy and babies, and self-massage in this no-nonsense guide to an effective healing art. Get Started in Massage includes: Chapter 1: The history and benefits of massage History Benefits Chapter 2: Setting the scene Environment Equipment Contraindications (when not to massage) Chapter 3: Massage techniques Effleurage/ Stroking Friction Petrissage Percussion movements/ Tapotement Vibration and shaking Exercises for your hands Chapter 4: Step-by-step massage Back of the body Front of the body Massage sequence memory jogger Chapter 5: Self massage Chapter 6: Aromatherapy and massage Essential oils Bergamont Chamomile (Roman) Cypress Eucalyptus Frankincense Geranium Jasmine Juniper Lavender Lemon Neroli (Orange blossom) Peppermint Rose Rosemary Sandalwood Tea tree Chapter 7: Massage in pregnancy and childbirth Benefits of massage Special considerations Back Abdomen Leg and foot Arm, face and breast Essential oils for labour Post-natal massage Essential oils for post-natal care Chapter 8: Massage for babies Benefits of massage Special considerations Suggested routine Essential oils for baby Chapter 9: Sports injuries The importance of exercise The benefits of massage Pre-event massage Post-event massage Treatment A-Z of sports injuries Emergency aid Chapter 10: Massage in the workplace Chapter 11: A healthy lifestyle Massage Healthy diet Exercise Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of massage. Five things to remember Quick refreshers to help you remember the key facts. Try this! Innovative exercises illustrate what you've learnt and how to use it.



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