

Massage Mind and Body



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This title combines a straightforward basic reference manual with a colour guide on how to give a massage, outlining how to use various types of massage for beauty, health, and relaxation and offering simple step-by-step ways to create luxurious spa treatments at home. With routines to relax, soothe and rejuvenate, you can practise and receive the pampering and healing techniques enjoyed by celebrities.

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