

# Massage in Essence



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Designed to inspire and to motivate, *Massage in Essence* provides students with a beautifully illustrated, easy to follow introduction to the art of massage. The book concentrates on practical application with step-by-step photographs of numerous massage routines. It enthuses students and encourages further study by including

fascinating information on taking years off your face with massage and the treatment of common ailments as well as detailed information on further study and how to develop your interest further. Written in an accessible style with numerous FAQs, case studies and summaries, Massage in Essence is the perfect introduction for students on short courses, professional therapists topping up their skills, NVQ Level 3 Beauty Therapy students and anyone considering a career in massage.

作者介绍:

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