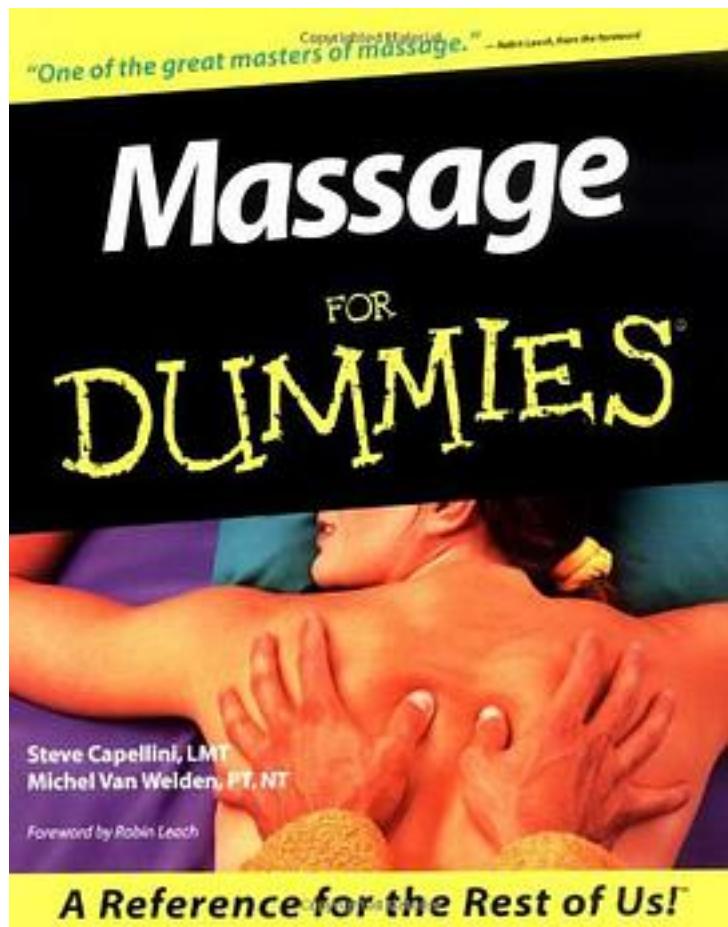


# Massage For Dummies



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"Everything you need to know about giving and receiving a massage." -Jack Canfield, author, Chicken Soup for the Soul "I recommend this book for everyone who would like to make the art of massage a part of their lives." -John Gray, author of Men Are from

Mars, Women Are from Venus "...reveals dozens of healthy tips to help you achieve inner harmony, peace of mind, and an entirely new level of well-being..." -From the Foreword by Robin Leach What reduces pain, enhances athletic performance, job efficiency, and sexual function, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, improves appearance, is completely legal in all 50 states and Puerto Rico and can be had for as little as...nothing? Right, massage. So what are you waiting for? Discover how to k nead your way to relaxation and wellness with this fun guide to the art of massage. With the help of 150 hand-on photos and illustrations, experts Steve Capellini and Michel Van Welden, show you, move by move, how to harness the healing power of touch. In no time you'll: \*Master message basics \*Give and receive a therapeutic massage \*Soothe away stress with self-massage \*Alleviate sports aches and pains \*Improve circulation and skin tone \*Get intimate with massage for lovers From Swedish to Shiatsu, sports massage to self-massage, Capellini and Van Welden cover an array of techniques and tell you how to: \*Choose the right style of massage for you and your body and getting the most out the receiving a massage \*Knead, manipulate pressure points, shake, rub, stretch and perform all the basic massage moves and techniques \*Give and receive special massages for the workplace, including reflexology foot massages \*Perform sports massage, sensual massage, and specific massages for every age group and physical condition, including infant massages and massage for pregnant women \*Become a massage professional Sensitive, funny and extremely practical, *Massage For Dummies* shows you how to integrate massage and its incredible benefits into your everyday life.

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