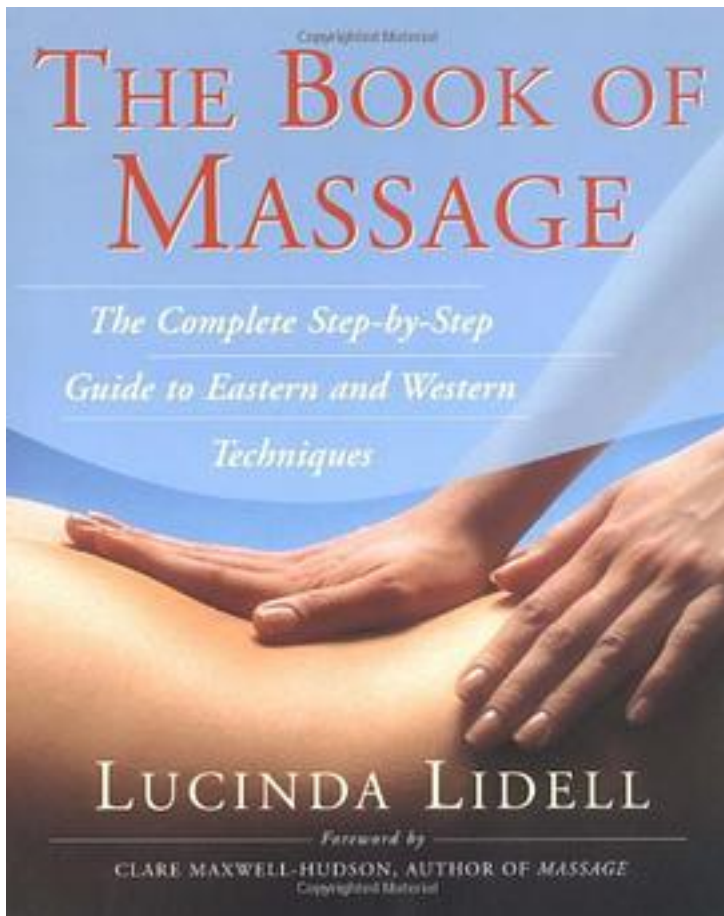


# The Book Of Massage



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Experience the Healing Power of Massage With more than 650,000 copies sold, The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and

reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. In the comfort of your own home, you can Soothe away stress and tension

Develop your body's unique healing powers

Banish headaches and back pain

Share the language of touch

Experience optimum health and vitality

Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

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