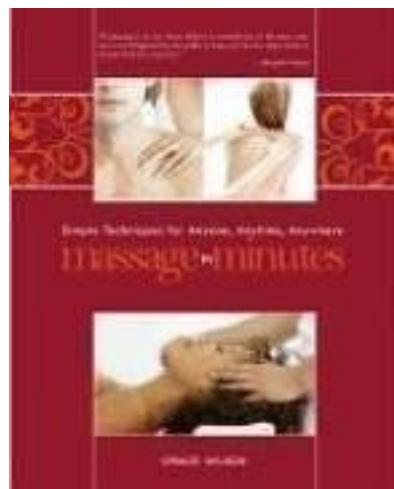


# Massage in Minutes



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Massage has been proven to provide all of these benefits and more. Now, nationally certified massage therapist Grace Wilson walks you through easy, effective massage techniques that provide a wealth of physical, mental, and emotional benefits in only ten minutes a day.

Wilson offers step-by-step instructions for simple and relaxing techniques to massage the neck, back, legs, arms, feet, face, and scalp. She also includes:

- Relaxation techniques for both giver and recipient
- Massages that are perfect for beginners
- “Recipes” to combine her techniques into a full body

massage

Because these low-maintenance techniques don't require any extras such as massage tables or oils, both giver and recipient can enjoy the massage experience without the hassle of setup or cleanup (or the extra expense of these materials). So no matter how hectic your life, you can incorporate massage into your day.

作者介绍:

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