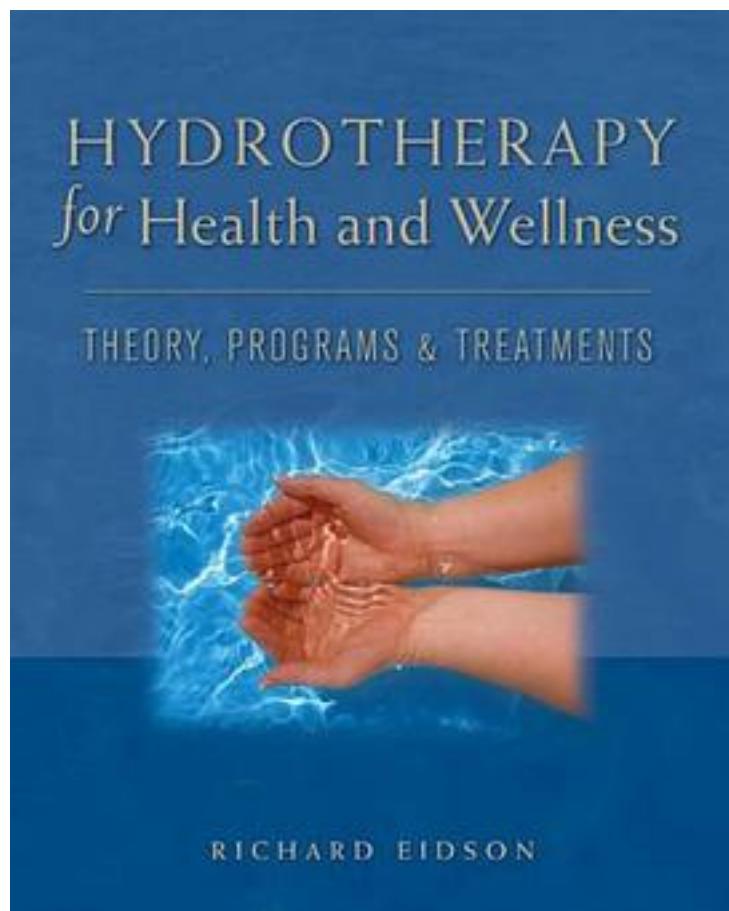


# Hydrotherapy for Health and Wellness



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Hydrotherapy for Health and Wellness: Theory Programs & Treatments written by Richard Eidson, deals with the complete and practical understanding of the nature and principles of water. Hydrotherapy means water therapy and water is life giving, healing and restorative, with far reaching health benefits. This ancient technique and its

treatments can be used by massage therapists, estheticians, and cosmetologists alike. Based on new developments in several areas, hydrotherapy is now used in the modern spa, medical spa, and wellness center. Treatments help clients feel healthy, improve and prevent overall health problems including mental health and enhance personal appearances such as anti-aging.

作者介绍:

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