

Masaje, Rapido y Facil



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Fast and effective massage techniques that can be practiced at the drop of a hat--either alone or with the help of a friend--are introduced in this authoritative, step-by-step guide. Also presented is a series of daily exercises designed to relieve tension before side effects like pain and discomfort have the chance to surface. Though most of the quick strategies can be practiced anytime and anywhere, several

relatively elaborate techniques, such as scalp, face, and neck massages and extended relaxation methods, are best suited to the comfort of home.

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