

Download File PDF The Complete Body Massage Course

## The Complete Body Massage Course

***A fun and creative way to increase general well-being, improve concentration and self-awareness, and encourage relaxation in children aged 3-11, this book offers a hands-on guide to story massage. Central to the book are step-by-step, illustrated instructions for ten easy-to-learn basic strokes which are given through clothes on the back, head, shoulders and arms. These***

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***basic strokes have then been used to create over 25 story massages which vary in length and complexity. The stories range from traditional tales such as 'Humpty Dumpty' to hands-on learning stories such as 'Deep in the Rainforest.' The massages can be carried out by adults in one-to-one or group sessions, or taught to children to practice on each other. An enjoyable and interactive way of sharing the benefits and safe and appropriate use of positive touch with all children, this book will be of interest to parents and carers, bodyworkers, teachers and***

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***other school staff, care workers and arts therapists.***

***The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-***

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***by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.***

***As a tool for promoting greater physical and emotional well being and alleviating all sorts of ailments, massage also boosts the circulation, rejuvenates a sluggish system, recharges flagging energy levels, helps to maintain good***

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***mobility and flexibility and rehabilitates poor joint and muscle conditions. The Complete Book of Massage is designed to show you how to enjoy the many therapeutic benefits of massage, and share the caring and healing aspects with your partner, friends and family. By explaining the basic techniques and giving detailed sequences for massaging every part of the body, it enables you to develop your own unique massage style and create specially tailored programmes. This comprehensive and accessible guide is the ideal introduction for***

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***anyone who wants to learn professional techniques.***

***The better you understand anatomy, the better you understand yourself. This book clearly identifies all the major muscles of the human body and shows how they work. For each muscle there is straightforward information, including common problems, signs of weakness, and self-massage for first aid. Provides anatomical terminology and clearly outlined reference pages.***

***The Theory and Practice of Massage***

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***A Simple and Straightforward Guide to Yoni and Lingam Massage***

***Anatomy, Physiology and Pathology for the Massage Therapist***

***The Official Guide to Body Massage***

***Oncology Massage***

***The Visual Guide to Swedish Massage, Spiral bound Version***

***Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting***

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*bodywork as it is understood in Thailand—as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupuncture points, making it the perfect tool to accompany anyone studying this popular healing modality. Sooth away stress, banish pain, and share the language of touch with the healing powers of massage What reduces pain,*



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*enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, **Massage For Dummies, 2nd Edition** shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition Covers an array of techniques, from Swedish to Deep Tissue*

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*and sports massage to self-massage The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical, Massage For Dummies, 2nd Edition shows you how to integrate massage and its benefits into your everyday life.*

*A ground-breaking series featuring amazing computer-generated 3D anatomical images highlighting key muscle groups.*

*This book has been written specifically for holistic therapy students and is invaluable for any major body massage course. It includes a full body massage routine, with each massage movement illustrated with clear, specially commissioned step-by-step photographs. It covers advanced*

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*massage techniques such as neuromuscular massage, shiatsu, acupuncture and deep tissue massage.*

*A Comprehensive Guide*

*Clare Maxwell-Hudson's Aromatherapy Massage*

*Step-by-step Massage Basics and Techniques from Around the World*

*Body Massage for Holistic Therapists*

*Anatomy, Physiology and Pathology for Therapists and Healthcare Professionals*

*An Introduction to the Most Popular Massage Therapies*

*An accessible comprehensive approach to the anatomy and function of the fascial*

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*system in the body combined with a holistic.*

*Reimagines black and brown sensuality to develop new modes of knowledge production In Sensual Excess, Amber Jamilla Musser imagines epistemologies of sensuality that emerge from fleshiness. To do so, she works against the framing of black and brown bodies as sexualized, objectified, and abject, and offers multiple ways of thinking with and through sensation and*

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*aesthetics. Each chapter draws our attention to particular aspects of pornotropic capture that black and brown bodies must always negotiate. Though these technologies differ according to the nature of their encounters with white supremacy, together they add to our understanding of the ways that structures of domination produce violence and work to contain bodies and pleasures within certain legible parameters. To do so,*

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*Sensual Excess analyzes moments of brown jouissance that exceed these constraints. These ruptures illuminate multiple epistemologies of selfhood and sensuality that offer frameworks for minoritarian knowledge production which is designed to enable one to sit with uncertainty. Through examinations of installations and performances like Judy Chicago's The Dinner Party, Kara Walker's A Subtlety, Patty Chang's In Love and Nao Bustamante's Neapolitan,*

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*Musser unpacks the relationships between racialized sexuality and consumption to interrogate foundational concepts in psychoanalytic theory, critical race studies, feminism, and queer theory. In so doing, Sensual Excess offers a project of knowledge production focused not on mastery, but on sensing and imagining otherwise, whatever and wherever that might be. The definitive reference book on massage as a remedial therapy for*

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*sports training and injuries.*

*"By the yoga instructor who inspires more than one million followers on Instagram every day. Part self-help and part memoir, Yoga Girl is an inspirational, full-color look at the adventure that took writer and yoga teacher Rachel Brathen from her hometown in Sweden to the jungles of Costa Rica and finally to a paradise island in the Caribbean that she now calls home. With more than one million*



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*followers on Instagram, Brathen shares pieces of her life with the world every day. In Yoga Girl, she gives readers an in-depth look at her journey from her self-destructive teenage years to the bohemian and beautiful life she's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga in amazing tropical locales, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless*

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*lifestyle, reading Yoga Girl is like an armchair vacation to a Caribbean spa"--  
A Visual Guide to Over 100 Techniques*

*How to Do Body Massage Like a Pro!*

*Sports Massage*

*Sensual Excess*

*An Introductory Guide to Massage*

"Thai Yoga Massage is an ancient healing art, which has been handed down from teacher to pupil since the third century BC. It is a unique and powerful massage therapy, combining acupressure, gentle stretching and

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applied yoga. With such a clear visual and verbal presentation, this edition provides a thorough grounding to the art form. One, that appeals widely as a tool to aid understanding of Thai Massage, Yoga and Breathwork for healing and spiritual harmony."

What's the best massage for you? Do you just want a quick, relaxing massage, or do you have a specific condition, and need to know which massage therapy will heal it most effectively? Whatever you're looking for, 'The Complete Body Massage Course' is sure to have it. The book features massage treatments to promote general wellbeing and help a wide range of everyday ailments and conditions. The first part of the

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book details the basics - what to wear, how to set up your work space and oils and lubricants. This is followed by the main part of the book where you will find detailed instructions of 15 of the most popular massage therapies - including Swedish, Thai, Shiatsu and Indian Head Massage. Each one has a full introduction giving the history and the benefits of the therapy and then there are step-by-step colour photographs, enabling the beginner to learn the principles each one. For those who wish to learn more and investigate further the third part offers a range of other therapies in more concise detail. The book ends with a fully cross-referenced symptoms index so

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readers who wish to try a massage that's ideal for a specific condition or ailment, can find the right massage with the minimum of fuss. 'The Complete Body Massage Course' is the ideal resource book for all those interested in being introduced to the massage techniques available to improve their mental and physical wellbeing.

Whether studying or simply looking for a comprehensive reference book, The Official Guide to Body Massage is a complete learning companion and is the only qualification-focused guide endorsed by Habia ? the industry authority. Every key skill, from effleurage to tapotement, is explained step-by-step using clear

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illustrations and loads of special learning features, ensuring you will become a talented masseuse in no time at all! Only The Official Guide to Body Massage lets you roll and knead your way through every single key topic, including; massage techniques and procedures, anatomy and physiology, pre-heat treatments, Indian head massage, aromatherapy massage, client care and health and safety. Whether studying or simply looking for a comprehensive reference book, The Official Guide to Body Massage is a complete learning companion and is the only qualification-focused guide endorsed by Habia ? the industry authority. Every key skill, from effleurage to

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tapotement, is explained step-by-step using clear illustrations and loads of special learning features, ensuring you will become a talented masseuse in no time at all! Only The Official Guide to Body Massage lets you roll and knead your way through every single key topic, including; massage techniques and procedures, anatomy and physiology, pre-heat treatments, Indian head massage, aromatherapy massage, client care and health and safety.

This revised edition of An Introductory Guide to Massage is an accessible reference for students studying towards qualifications in Body and Holistic massage and provides the underpinning knowledge

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and skills needed for successful massage treatments. The classical techniques that form the basis of most systems are thoroughly explained, and the student is introduced to the different types of massage commonly offered by complementary, spa and sports therapists. This practical reference also has detailed sections on preparing for treatments, consulting with clients and record keeping, together with an overview of other therapies that are compatible with massage.

Massage Anatomy

The Complete Step-By-Step Guide to Eastern and Western Technique

The Five Love Languages



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Easy-to-Learn, Adaptable Techniques to Reduce Anxiety and Promote Wellbeing

Massage Fusion

Easy to Learn Sexual Massage

The Visual Guide to Swedish Massage clearly illustrates the practical methods for performing foundational massage therapy techniques. Readers will find this handy reference to be an important supplement to their massage therapy curriculum and a helpful review of the proper movements to ensure the client experience is second to none. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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Explore in detail the profoundly effective power of touch, led by experts at Neal's Yard Remedies. Want to really understand the health and wellness benefits of massage? Interested in practising massage at home or considering taking a course? Let this book be your guide to everything from effleurage to epineuria. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardiovascular and lymphatic health. Learn about the key disciplines, from

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Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Find out how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, discover why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. Become an expert in all that massage has to offer and share its miraculous health benefits.

The Complete Guide to Sports Massage, 3rd edition is a comprehensive, practical handbook. Now with additional photography and the latest techniques, this is a must-have

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guide for students of sports therapy and anyone wanting a performance advantage. Sports massage is the skilled manipulation of soft tissue for: the relief and treatment of muscle soreness and pain; the maintenance of muscle balance and improved flexibility; and enhanced rehabilitation from injury. Packed with jargon-free information, this fully updated guide includes step-by-step photography and detailed text explaining the principles and techniques of massage; injury management and post-massage care; as well as practical guidance on working at a sports event.

Learn the healing power of touch with a new, up-to-date reference from *The Complete Guide to Modern Massage*. Massage is a natural method to relieve pain and reduce

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stress--and anyone can learn how to do it. The Complete Guide to Modern Massage offers an updated reference to learn popular techniques and feel the physical and emotional benefits of massage. From classic styles such as Swedish and Shiatsu to new favorites like Ayurvedic and Thai, this mass guide offers illustrated, step-by-step instruction to master techniques from around the world. Complete with massage practices for pain relief, you'll learn how to heal your family, friends, partners, and even yourself of common ailments with your own two hands. The Complete Guide to Modern Massage includes: An introduction to massage that outlines the history and basic principles of massage and how they relate to modern practice. World-famous massage techniques that

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include Deep Tissue, Reflexology, Tui Na, Cranialsacral, Reiki, and more! Restorative applications for healing common ailments including headaches, neck pain, PMS, lower back pain, and more. Easy-to-follow guidance with illustrations, and simple step-by-step directions to master every technique. Give and receive rejuvenating massages with world-famous techniques and step-by-step instructions from The Complete Guide to Modern Massage.

Anatomy Trains

Thai Yoga Massage

The Essential Guide to Holistic and Complementary Therapy

A Complete Guide to Traditional Thai Massage Therapy and

Acupressure

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## Body Massage

### A Simple Route to Relaxation and Releasing Tension

The Complete Body Massage Course An

Introduction to the Most Popular Massage Therapies

Detailed step-by-step massage techniques from around the globe, including Indian Bridal Massage, Shiatsu, and Swedish massage. Explains the history and health benefits of massage.

The Essential Guide to Holistic and Complementary Therapy is the most comprehensive text currently available,

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designed to meet the demands of teachers and the wider industry for a book that addresses both the core subjects of holistic and complementary therapy and individual topics such as reiki and colour therapy. This book provides the ideal introduction for anyone studying one or more modules in any of the holistic and complementary therapies. It is also suitable for anyone with a general interest in holistic and complementary therapies. This inspirational text covers aromatherapy, Indian head massage,



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reflexology and body massage in accordance with the VTCT Holistic and Complementary Diplomas and the City & Guilds Progression Awards courses. It offers equal coverage of other popular therapies including reiki, crystal therapy, colour therapy, thermal auricular therapy, stress management, holistic facial and hot stone therapy. Foundation knowledge for all therapists in the areas of anatomy and physiology, chemistry, health and safety and client consultation is also included. A beautifully illustrated introductory

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guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. 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

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for using aromatic oils and lotions. 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.

Encyclopedia of Thai Massage

The Complete Guide to Modern Massage

An Essential Guide to Body Massage

Queer Femininity and Brown Jouissance

Once Upon a Touch...

The Complete Book of Massage

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Describes the characteristics of twenty popular aromatic oils and shows how to use them in combination with massage as part of a beauty treatment

Relieve pain, alleviate tension, increase relaxation, and recover and prepare for physical activities. Fun, modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool.

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Massage therapy is a great way to connect and engage with your loved ones, applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment. With this guide, learn how to give a deeply enjoyable therapeutic massage to family members, friends, or oneself. Beautifully illustrated and designed and with easy-to-follow instructions, *Massage for Beginners* is the perfect guide for learning the fundamentals of

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giving a really great massage. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include reiki, reflexology, and acupressure.

This learning tool aims to support

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prospective students and current students with study of Body Massage. There are various activities that the reader can undertake to broaden their knowledge that underpins the skills of Body massage. UK national occupational standards formulate the core skills criteria that this manual supplements. This manual also supplements the on line, multi media, course the author has created that provides support to students in their learning experience.

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The course and the manual are comprehensive tools, which are professional level learning for personal use that serve to enable the student or the lay person to learn the art of Body massage.

Written in a clear, no-nonsense style, this is the ideal textbook for students of complementary therapy up to Levels 2 and 3, nursing, physical therapy, or those studying any course requiring a detailed knowledge of anatomy,



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physiology and pathology. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major international awarding bodies and incorporates many unique features not found in other texts. This updated and expanded edition complements Ruth Hull's companion text, *Anatomy, Physiology and Pathology Colouring and Workbook for Therapists and Healthcare*

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Professionals, and: meets the standards required by all the main professional bodies for massage, aromatherapy, and reflexology contains updated graphics and tables throughout to bring the book right up-to-date for today's student interspersed throughout with 'study tips', 'in the classroom', '...in a nutshell', 'did you know?' and 'infoboxes' features comprehensive muscle tables of origin, insertion, innervation, action contains basic

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pathology of significant diseases and disorders has a study outline, revision and multiple choice questions for each chapter. Endorsed and reviewed by awarding bodies and professional associations and adopted by colleges worldwide.

The Complete Guide to Sports Massage  
All the Techniques, Disciplines, and Skills you need to Massage for Wellness  
Complete Massage  
Sport & Remedial Massage Therapy

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### The Complete Body Massage Course Couple's Massage Handbook

Tantric massage is a great way to provide erotic pleasure and sexual healing for you and your partner. Yoni (Vagina) and Lingam (Penis) are two of the oldest types of Tantric massage techniques in the world. This basic guide will give you an introduction to simple and easy to learn techniques that you can start using right away. Includes graphic and explicit detail of sexually stimulating massage. Do not read if you are uncomfortable with sexual massage techniques.

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In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

In *Oncology Massage - an integrative approach to cancer care* the authors have created a textbook which will provide both experienced and inexperienced therapists with a resource to expand their knowledge and understanding of

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working with people with cancer. Cancer occurrence and survivorship are now so common that every massage therapist will at some time work with clients who have been through cancer treatment. The short and long-term effects of biomedical cancer treatment require massage therapy adaptations to pressure, site, position and duration to provide safe and effective treatments. Informed massage therapists can support the body to promote overall wellness as well as identify the underlying secondary effects of cancer treatment that contribute to physical dysfunction. Oncology Massage: An Integrative

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Approach to Cancer Care provides massage therapists with essential information for: Treatment planning based on the physiology of cancer and cancer treatments Critical, thoughtful treatment decision making Consideration of the psychosocial effects of cancer Enhancing therapist self-awareness and building a therapeutic relationship. The information is presented in a clear and simple format with plentiful use of illustrations and information boxes which allows it to be used both as a learning tool for those new to the field of oncology massage and as a resource for quick

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referral when working with new patients. The techniques of massage therapy change very little; it is the knowledge and understanding of their use that distinguishes a massage therapist. Oncology Massage is unusual in that it includes contributions not only from a range of experienced practitioners but also from people with cancer who have received massage during and after cancer treatment. This feedback from clients provides an invaluable addition to the understanding of how massage can be used as a safe and effective part of cancer care.

Mo Rosser's well-loved text has now been fully



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updated to reflect the new standards in Beauty Therapy for 2010. The book places massage in the context of the workplace and provides a comprehensive introduction for students on Diplomas in Complementary Therapies, NVQ/SVQ Diploma in Beauty Therapy at Level 3 and short courses at Level 3 from City and Guilds, VTCT and ITEC. It is also an invaluable reference for practising beauty therapists. Additional information on advanced massage techniques is included for those who want to progress further.

Story Massage for Children  
The Complete Spa Book for Massage Therapists

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Indian Head Massage for Special Needs

A Career in Massage Therapy

The Book of Massage

Press Here! Massage for Beginners

*The Couple's Massage Handbook takes readers from bumbling beginners to passionate pros in no time! This step-by-step guide covers the best tools, oils, music, and locations for giving a massage, including a sequence readers can use to stay focused.*

*On the field, post-event, or in the clinic, Sports Massage is the essential resource for developing and perfecting your sports massage technique! Sports Massage provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough instructions and over*

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*130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for your client. This practical guide explains the foundations of sports massage as a profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program). Sports Massage emphasizes proper therapist mechanics, including working posture, proper table height, and effective client*

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*positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special “Client Talk” boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo gallery index provides quick reference for checking techniques and their application. Organized for quick reference, Sports Massage explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions. In addition, discussion of equipment, hygiene, and safety*

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*considerations will help you be prepared for each therapy session. A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. Sports Massage also discusses considerations in administering the technique to special populations, including individuals with spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events. Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. Sport Massage provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with sensitivity. With its emphasis on correct body mechanics and effective client*

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*positioning, Sports Massage will help you improve your technique, reduce strain as you work, and provide a better quality of touch. This complete manual introduces unique Indian head massage techniques to help reduce feelings of stress and anxiety, calm sensory overloads, improve sleep patterns, ease frustration and boost mental, physical and emotional wellbeing in people of all ages with special needs, including Autism Spectrum Disorders. The book provides everything you need to get started, including: - A full, step-by-step, illustrated massage routine - Essential tips on how to create the perfect environment and how to approach clients with special needs - Detailed case studies - Information on anatomy, physiology and the complementary approaches to the body - Supplementary information on essential oils Developed by Giuliana Fenwick through work with her son, and extensively trialled in*

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*schools and specialist colleges, this tailored Indian head massage is perfect for anyone looking to provide additional support to people with special needs, including parents and carers, teachers, teaching assistants and other school staff, complementary therapists and any other professionals working with people with special needs.*

*Deepen Your Relationship with the Healing Power of Touch*

*Myofascial Meridians for Manual and Movement Therapists*

*Neal's Yard Remedies Complete Massage*

*Yoga Girl*

*The Muscle Book*

*Anatomy and Physiology Workbook*