



The Complete Body Massage Course: An Introduction to the Most Popular Massage Therapies

Nicola Stewart

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From quick massages that aid relaxation to healing massages that target everyday ailments, this all-embracing guide has it all.

With 75 treatments for general well-being and beyond, *The Complete Massage Course* really lives up to its name—and helps anyone find and learn the right massage for his or her needs. Fifteen of the most popular therapies—including Swedish, Shiatsu, Thai, Reflexology, Indian Head, Tui Na, Acupressure, and Ayurvedic—appear in step-by-step color photographs, along with detailed instructions and full introductions that explain their philosophy and purpose, benefits, possible contraindications, and related applications. Massages for pregnancy, babies, partners, sports injuries...they're all here. Icons at the start of each one indicate how long it will take, what to wear, what (if any) oils to use, and what conditions it relieves. In addition, dozens of others types receive more concise coverage, and a fully cross-referenced Symptoms Index provides fuss-free, easy guidance.

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