



Body Massage for Holistic Therapists

Francesca Gould

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Body Massage for Holistic Therapists Francesca Gould

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 massage techniques such as neuromuscular massage, shiatsu, acupressure and deep tissue massage.



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