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This short guidebook covers the whole body instructing proper massage techniques to help relieve chronic stress, aches, and pains. Helping to prevent headaches, digestive issues, tendonitis, carpal tunnel, plantar fasciitis, and so much more. We are so excited to share these techniques with the public. Hurry now and get your copy of this amazing yet simple and easy to read, step by step, guide to health and wellness. NEW & IMPROVED FOR 2017!!The 2016 Massagepreneur Guide for Incredible Small Business Entrepreneurs is written exclusively for massage therapists to enhance their business practices, grow abundantly with the new trends in SEO and social marketing, and learn about how to operate their businesses with sound decision-making. This exciting new book provides you with all the recent changes, developments, technological updates and communication strategies to assist massage therapists in becoming INCREDIBLE MASSAGEPRENEURS! Increase clients, make more money, be in huge demand, feel inspired and get motivated with this 500+ page book that will get you organized and have your phone ringing off the hook. This book includes information on SEO, Facebook advertising, Twitter followers marketing, using special days and holidays to boost sales, gaining new customers and clients, finances, taxes, a full marketing calendar, Google analytics, advertising, contracts, promotional materials, insurance billing, and so much more. Whether you're a first time or a regular spa visitor it can be hard to choose a new spa to enjoy. Which is why every single spa in this guide has been tried and tested by the author, and only the best are recommended. Pearl has visited some of the world's best spas to see if they are worth their price tags, as well as some of the cheapest (and weirdest) and gives detailed reviews on their facilities, attendants and treatments – as well as just what is included. From Blue Lagoon in Iceland to Thermae Bath Spa, England, from Palais Rhoul in Marrakech to Mandarin Spa, Hong Kong, from Acquapura Thalasso and Spa Centre in Zadar, Croatia to Spa London in Bethnal Green this guide to spa breaks will help you make your spa dreams a reality. As well as the cost of each spa, this guide also gives the actual cost of the whole spa break, including flights and a recommended hotel so you can easily see just how affordable and practical each spa break is. Perform nursing procedures safely and accurately, with the freshly updated Nursing Procedures Made Incredibly Easy, Second Edition. Written in the popular, lighthearted Incredibly Easy style, this comprehensive guide offers expert, step-by-step direction on a broad range of fundamental and system-based nursing procedures. This enjoyable way to learn nursing's best practices will help you stay up-to-date with the latest in technology, nursing standards, NCLEX preparation, and safe, quality care. · NEW and updated content offers: o crucial patient care methods o current nursing practice guidelines o directions for using the latest medical technology o directions for ensuring patient safety and providing quality care · Coverage of topics including: o Fundamental nursing procedures - Easy-to-follow algorithms for a patient's entire hospital stay, from intake to discharge, including surgical care o Specimen collection - Clear directions on collecting blood, urine, and other specimens o Physical treatments - Techniques for heat and cold application, baths, support devices, wound care, drug administration, I.V. therapy, and more o System-based procedures - Directions on procedures for all body systems · Clear direction to meet the needs of your maternal, neonatal, and pediatric patients · Easy-to-follow format for each procedure - Quick-skim paragraphs and bulleted lists specify equipment, step-by-step instructions, and practice pointers · Nursing procedures guides such as comparing biological dressings and assessing pressure ulcers · Special features: o Just the facts – Outline of chapter content at start of every chapter o Write it down - Essential documentation points for each procedure o Ages and stages – Issues where patient's age impacts a procedure o Handle with care - Patient care tips for elderly, pediatric, and bariatric patients o Memory joggers – Simple tricks for remembering complex concepts o Warning - Possible dangers, risks, complications, or contraindications associated with a particular procedure o Quick Quiz – Questions & Answers at the end of every chapter Massage therapists are millionaires waiting to happen. Each and every massage therapist has the capability of becoming a millionaire through various business opportunities. This book, "How to Make a Million Dollars as a Massage Therapist" depicts the opportunities available to massage therapists that compliment their core business services. This book does NOT promote MLM opportunities, rather, additional forms of social, promotional and income-generating activities that promote incredible wealth and ongoing income every single month - even while a massage therapist sleeps. This book shows you EXACTLY how to accomplish all of that, while making a million dollars in a reasonably short amount of time (1-2 years). Learn about how to start collecting email addresses on your website, branding, identifying your ideal client, advertising on a budget, ways you can advertise your site for free, how to increase traffic to your website, the millionaire formula (chapter 3) that shows all the different avenues of income available to you that you should be taking advantage of, time management and delegation so you only work a reasonable number of hours per week, word of mouth advertising, referral networks, business to business advertising, how to make money while educating other people, how to expand on your current service and product offering, staying efficient and productive, how to benefit charities while making a lot of money in the process, how to write an eBook, pay-per-click advertising and how to keep your ad costs to a minimum, secrets and tips (best practices) to using each social media channel like Pinterest and Instagram, creating the best videos for your business, app development, making a membership-only section of your website, self-care, unique selling propositions, how to sell, cross-selling and upsetting, how to get people to share your posts, how to sell to women specifically and how men choose to buy things, and much more. Learn about what you, as a massage therapist, need to do to correct your marketing plans, how you are leaving money on the table with each and every service, how you can educate others and earn thousands of dollars even if you're in a massage session or sleeping, how to promote your business without discounting services, how to drive traffic to your website without spending a fortune, and much, much more. This book focuses on diversification of income-generating opportunities, including how to be efficient, delegate and be incredibly productive. You can make money through self-care, too! Build expertise, improve your reputation dramatically, build an unbelievable following on social media, and be a creator of amazing materials and avenues of media for your clients and the world to benefit from. Pick and choose which channels of income work best for your business in the formula initially while you get other creative elements ready for sale to compliment your business! Discover the amazing healing power of human touch. "About an hour out of Phnom Penh we are transferred onto a mini-bus which takes some time to arrive, but eventually comes. Then driven at breakneck speed on a very dusty road that gets dust all over everything, coming into the city is a bit of a shock as there is no doubt about it that the outer areas do resemble the Third world, but the inner city is clean and modern. We are taken to the King's Hotel where we could choose to stay or go - as I was tired I decided to stay, but without hot water in my cheap room - well what can you expect for 5 dollars. I shared dinner with Isabel and Jeroen - who I took a real shine too. And in the morning I have breakfast with Sarah from Sweden who I had first met in Chau Doc and came on our boat when partly through the trip. Sarah was one of these very assured intelligent young women who had done a lot of travelling – as breakfast progressed I kept thinking that her body language was saying categorically too me (was old enough to be her father) or probably any man who may have tried it on with her - that if you mess with me boy I will chew both of your testicles off with one bite. Apparently she was some sort of chemist who new a lot about food and what it does to us, when we eat it. I said very little while eating my breakfast and kept my legs very tightly together". From Key Largo to Shanghai Pearl has tried it all and lived to tell the tale. Discover the weird and wonderful world of spa treatments in this informative, humorous and down to earth guide, which explains how to spa from the simplest massage to the most unusual treatments. Each experience has been tried and tested by the author so, as well as the definition of the treatment, you'll find out exactly how it feels and what the after effects were. Also includes recommendations for spas with exceptional treatments. A must for spa goers, therapists and spa managers too! With over 250 massages, spa treatments and types of healing tried and tested personally by the author, this is the guide to help you find the right experience for you, whether it's your very first massage or you want to try something a little bit more adventurous. With escapes from Africa, Morocco, The Americas, Arizona, Florida, Hawaii, Mexico, Asia, Bali, China, India, Japan, Malaysia, The Philippines, Russia, Thailand, Finland, Greece, Iceland, Italy, Turkey and the UK this is also a great travel companion for anyone wanting to gain a deeper understanding of international culture. Wang Daifu is blind and works as a practitioner of tuina, a traditional form of pressure-point massage, in the burgeoning metropolis of Shenzhen. His is a uniquely coveted skill, yet it is one of the few options open to the visually impaired in China. When he loses his life savings on the stock market he returns to his provincial hometown, fiancée in tow, to work for an old classmate. But the transition is not easy as Wang struggles to deal with his own career frustration, his brother's gambling troubles, and the pressures of pleasing his wife-to-be. His fellow workers have their own stories: Duhong is a former pianist whose striking beauty goes undetected by her blind colleagues; strong-headed Jin Yan travels cross-country in pursuit of a man she has never met; and Xiao Kong hides her relationship with Wang Daifu from her parents. Together these fiercely independent people are united by the challenges of their shared disability. Amid growing uncertainty, the members of this diverse community draw support from one another as they navigate their world of darkness. This stunning portrayal of disability and the strength of human character is a rare glimpse into a small yet very real component of Chinese society, from one of China's most acclaimed contemporary authors. 'I love Bi Feiyu's novels for their compassion, insight and wit; their sense of both history and the future.' Justin Torres, author of We the Animals 'Bi Feiyu's storytelling gifts are considerable.' Washington Post At last a guide to spa treatments and massage that decodes the "spa speak" language of 5 star spas and tells you what to expect. Whether you just want to understand sports massage or whether you want to explore the international world of spa treatments from Hawaii to Hong Kong, via Iceland's Blue Lagoon this guide will help you to make the most of your relaxation time and budget. For thousands of years there have been healers, some working through massage, others through meditation, it's the most natural thing in the world that we reach out and help each other through times of crisis. Whatever you are looking for, wherever you are on your journey, this book contains almost 500 definitions of types of healing that the author has tried and tested. Whether you've never even thought of having a massage or are constantly on the look out for something new, there will be something here for you. This is the Seventh Edition, expanded and edited over seven years to be the most complete resource for anyone seeking out healing, or for healers themselves. With definitions, personal accounts, safety advice, useful tips on booking, how to behave and what to wear, this book answers all the FAQ about massages and spas around the world. From Hawai'i to Japan by way of Morocco, from the ancient and bizarre to the most popular, this brings the world of healing to your fingertips. Seven years ago I had a traditional massage in Morocco and felt the deep physical, mental and spiritual healing that can come from a great treatment. I started researching massages and spas, particularly traditional treatments from around the world; I travelled to China, Japan, Mexico, Iceland, Tuscany and tried ancient treatments in central London, then I started writing about them so that others could benefit from this research. In 2016 I experienced the most powerful healing yet, in a Native American spa in Arizona. It's all in this book. Was the healing all down to this one incredible treatment, or was it the cumulative effect of years of exploration? I don't know, but wherever you want to start, this guide to over 300 different massages and spa terms will help you plan your healing journey. It's always nice to have more friends and customers. As they say, the more the merrier! However, when Nekoyama and company visit the cat massage therapists one day, they find a new massage parlor right next door--run by dogs! Now the two parlors will have to fight like, well, cats and dogs to keep their customers! Once again, Massage-Exam.com has led the way with a new ethics review book to help prepare for the MBLEx. The book has a selection of professional ethics, boundaries, regulations, and law practice questions, answers, and rationales. There are 250 questions formulated from massage therapist curriculum textbooks listed on the MBLEx bibliography. This review will provide a better understanding of a very important component of being a massage practitioner. Professional ethics refers to the examination of moral issues that concern massage and bodywork practitioners. The governing objective of ethics knowledge is to ensure the safety of the public and the practitioner. As a healthcare professional, core beliefs, values, and moral principles guide choices and define actions. Practitioners have an ethical responsibility to possess a sound understanding of the duties of care, a keen sense of right and wrong, and to be an unyielding advocate in preserving the fundamental beliefs and rights each client and practitioner espouses. Lorna Maughan - LMP, is an author and instructor at Massage-Exam.com. Our goal is to provide the most comprehensive massage examination preparation available through online and print. Our awesome customer relations staff works hard to instill confidence in our subscribers with great customer service. Massage-Exam.com's comprehensive test preparation helps to build upon a therapist's working knowledge of the art of massage to help the therapist pass the MBLEx. This MBLEx exam preparation guide is a small example of this goal. Outlines the history and benefits of massage, and tells how to use massage to reduce stress, improve circulation, and soothe aching muscles Growing up Catholic in the Midwest and surviving the losses of several siblings as well as the diagnosis of a life-threatening illness, Grace discovers farming land and raising animals are key elements for personal restoration and renewal. How she and her husband, Michael, are seduced into leaving the liberal West Coast to shepherd a one thousand acre farm in conservative rural Virginia is a long but life-giving story. It's a journey across landscapes that evolved out of her passionate intention to find empowerment through growing food while healing herself and reveling in Mother Nature's gifts. When we talk about escapes people think of travel or spa breaks, and there are plenty of those here, along with some more unusual ways to feel alive. It's too easy to get caught up with to-do lists, even on holiday, so lose the list and just say yes to your perfect escape. With down to earth, in-depth reviews of dream spas, as well as super cheap (or free) healing - each experience has been personally tried and tested by the author, to help you find the perfect escape for you. With down to earth, in-depth reviews of dream spas, as well as super cheap (or free) healing, this is your guide to the perfect wellness break. From Tkissila at the Palais Rhoul in Marrakech to a cold stone Jade Harmony Facial at the Tian Spa in Beijing, and not forgetting the hilarious Russian Venik Massage in London, weird and wonderful spa-going is for everyone. If your eyes have ever slightly watered at the cost of an all inclusive spa break, this book also includes recommended hotels so you can mix and match to create the spa break that's the best fit and best value for you. Normally my guides feature just one spa, one hotel, one sight, one restaurant... because when I used to get really burnt out in my old job I couldn't handle checking out all the options and booking everything. I just wanted someone to give me the answers. So that's what my guides normally do... However I live in London, and as it is one of the most multicultural environments in the world, with an incredible selection of spas and places to relax and get a massage (including the fish spa) as well as home to some of the finest spas in the whole world, well this guide had to include more than one. Every spa in this guide comes with my personal recommendation, and if they're not quite perfect I'll tell you about that too so you can pick the spa that's right for you, right now. Do you suffer from one or more of the following problems: - Stress and anxiety - High blood pressure - Poor sleep quality - Exhaustion - Headaches or migraines - Muscle tension and pain - Back pain - A lack of focus and mental clarity - Weak immune system, you are sick all the time - Poor circulation and low energy reserves - General poor health These are just a few of the top concerns expressed by many people in modern society. Because of high-stress and hectic lifestyles many of us lead, it is easy to look at the problems above as being -normal, - or acceptable. Some people have been living with those types of health problems, and others, for so long that they just accept them as a part of life, but the above along with a less than healthy diet, and poorly managed physical and mental stress can create many health problems. Sound familiar? What if there was a simple, drug-free treatment for all of the above conditions, and many others? What if this healing therapy dates back thousands of years, involves no doctors or medications? Would you believe it if I told you this natural healing practice had proven effective for treating serious conditions such as cancer, Parkinson's disease, arthritis and emotional disorders? How would you feel about enjoying a healing therapy free of side effects (unlike many medications), that delivers immediate and long-lasting benefits, while improving the health of both your mind and body? The incredible head to toe healing treatment we are talking about is... MASSAGE! You have probably heard massage proponents speak of the incredible stress-relieving properties of this natural, centuries-old healing technique. However, stress-relief is far from the only health benefit massage offers. A study released in 2012 showed that the act of massage actually reduces levels of the stress hormone cortisol in your body. This helps lower blood pressure, boost your mood, and increase your emotional control. Massage also increases production of -feel good- neurotransmitters like serotonin and dopamine, both of which support positive mood, sound emotional health, and lower risks for depression. Massage boosts brain wave activity and has a positive effect on your Delta waves, brain waves that are related to a healthy sleep process. Research released in 2010 shows that massage actually increases the number of white blood cells in your body, leading to a powerful immune system that resists disease and infection. One particularly enlightening piece of research for women shows massage as excellent for conquering PMS symptoms, like bloating and mood swings. A massage session as short as 15 to 30 minutes can improve your mental clarity and focus, raise your alertness and decrease headache symptoms. Because of the increase in blood flow and circulation, massage even offers benefits to your skin and hair. The physical rejuvenation your body undergoes during massage -plumps up- slack, flabby skin, and pulls toxins and other poisons away from your cells so your hair and skin become young and healthy looking and feeling. Massage has also been shown to be effective for numerous other medical conditions. Let our comprehensive book be your guide! You now have at your fingertips the opportunity to learn all about massage, and how it can benefit your health... Get your copy today and start enjoying better health tomorrow! Small Inspirational Massage Therapist Journal Books are an adventure! This personal, unique journal will help you to record your adventures. For a

list of places you've been, adventures you've taken, things you've tried, or as a bucket list of books to read. Perfect gift for anyone who loves their job. The small size is perfect journal log book size to throw in your purse! The journal acts as a keepsake to record your notes and thoughts that you can look back on for years to come. Notebook journals also makes a perfect gift anytime of year including birthday, christmas, friendship gifts, journal for mothers, journal for daughters notebook for friends or just - to inspire someone you love today! Paper journals never need to be charged and no batteries are required! You only need your thoughts and dreams and something to write with. Perfect journal notebook sized at: 6x9 High-quality paper is perfect for ink, gel pens, pencils or colored pencils 120 pages - full of thoughts Mate cover for silky finish what will feel amazing in your hands! Perfect for gift giving! Have you ever felt overwhelmed by everything that needs to get done?Are you confused on how to get started and what to work on first?Have you experienced huge fears that have held you back from making decisions?Have you felt spread too thin, working both IN your business and ON your business?Have you felt anxiety when thinking about the future of your practice?Rachel Beider experienced all of these - fear, anxiety, overwhelm, uncertainty, and failure - all while trying to build and grow a private massage therapy practice. Until something clicked. What happened next was nothing short of amazing. She learned by studying the pros, and built a multi-million dollar massage business. For anyone who is struggling with getting their business together, starting a new practice, or growing an existing one, Rachel's wisdom will help you with rock solid business practices, producing proven and measurable results. It's everything business-related you wish you learned in massage school but didn't. This book is our love for you, our love for humanity, and our hope that we can help you achieve vibrant health, through movement, through food, and through personal growth. You can find in 180 pages: 5 chapters (Food recipes, Yoga, Meditation, Self care, Food garden, Eco living). That is 42 vegan/vegetarian and gluten-free recipes and 12 yoga videos. Please savour it ! This is not a glossy spa book with publicity photos and reviews provided by spa's PR teams but an honest first hand account of some of the world's most wonderful, as well as best value spas and escapes. This is the book for you if you want to know which hot tubs are worth the price of a day visit, which hotel's breakfast buffet is worth forking out for and, most importantly, where to find treatments, escapes and facilities worth going the extra mile for – even if they're not in the most traditional venues. With spa breaks and escapes in Florida, New York, Iceland, Bath, London, Hampshire, Sussex, Kent, Paris, Barcelona, Tuscany, Croatia, Morocco and China this is a guide that can help you find your perfect escape around the world. A guide to spa treatments and massages, this book includes definitions and descriptions of common massage and spa services as well as the more unusual offerings of international spas in China, Morocco, Tuscany and more. From advice on your first visit to a spa or masseur to ""way out"" experiences for the more adventurous, this is the ultimate spa handbook. If you've ever wondered what Reflexology is like in China, been tempted by Gua Sha, tried to discover how an Ayurvedic Massage differs from the rest, or even heard of Tkissila this is the guide for you. This guide is based solely on personal experience, so, as well as explaining some of the technical differences, the author also explains how each treatment made her feel and her reactions to some of the more unusual massages. The book also includes recommendations for spas where the author has tried the treatment and information on further reading. A must for new spa visitors, as well as spa fanatics and spa professionals. The 2016 Massagepreneur Guide for Incredible Small Business Entrepreneurs is written exclusively for massage therapists to enhance their business practices, grow abundantly with the new trends in SEO and social marketing, and learn about how to operate their businesses with sound decision-making. This exciting new book provides you with all the recent changes, developments, technological updates and communication strategies to assist massage therapists in becoming INCREDIBLE MASSAGEPRENEURS! Increase clients, make more money, be in huge demand, feel inspired and get motivated with this 500+ page book that will get you organized and have your phone ringing off the hook. This book includes information on SEO, Facebook advertising, Twitter followers marketing, using special days and holidays to boost sales, gaining new customers and clients, finances, taxes, a full marketing calendar, Google analytics, advertising, contracts, promotional materials, insurance billing, and so much more. ProductiviChi is about unleashing your productive power. This is achieved by taking three steps. The first step is named Charge. With this step, you charge up your physical, mental and emotional energy levels to have increased capacity for productivity. The second step is Focus. By focusing your increased energy and productivity capacity, you turn those into power. This is done by gaining control over your state of mind. The third step is called Unleash. Here you unleash your new power to align your actions, state of mind, habits, beliefs, identity and your entire being with your goals. Follow these three clearly explained steps successfully and you will be on the path of mastering your productivity. Los Angeles' remarkable ethnic diversity has brought more than exotic food and rich cultural traditions—it's led to a wealth of incredible (and incredibly inexpensive) therapeutic massage treatments. Gail Herndon and Brenda Goldstein, both health-care professionals, spent five years visiting Southern California's Thai, Korean, Chinese, Russian, Japanese, Indian, and Hawaiian spas, and they share the details on their favorites. They explain the treatments and their benefits and tell you where to go, what to expect, how to tip, even where to park and where to eat in the neighborhood. A beautifully photographed and designed gift for adventurous Southern Californians. Soothe away stress, banish pain, and share the language of touch with the healing powers of massage What reduces pain, 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 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. What if you could reverse disease – or learn how to avert it before its onset? What if, instead of aging, you could feel younger, stronger, and happier with each passing year? What if you could maintain your health for your entire life? What if all the secrets to health and longevity were on the soles of your feet? The wisdom in this book has been passed down from master to student for thousands of years, but now you too can benefit from the powerful Eastern practice of Chinese reflexology. This ancient therapeutic art of foot massage offers you a way to harness Universal Qi, a limitless source of healing energy, and restore yourself to balance, harmony, and health. Holistic healer and reflexologist Holly Tse brings new light to this millennia-old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way. Using clear illustrations and delightful step-by-step instructions, she'll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind, body, and soul: shifting the mind, healing with energy, and following your heart and soul. Sole Guidance is a fun, vibrant, and easy-to-understand guide to complete self-transformation from the inside out. Learn how to hear your inner guidance, connect with your "Dragon Spirit," discover what your body needs to heal and thrive, and revolutionize your life – simply by massaging your feet! Massage-Exam, known for its exceptional MBLEx exam preparation website, has now made a selection of MBLEx practice questions available in printed form. 250 questions, answers, and rationales formulated from Massage curriculum textbooks listed on the MBLEx bibliography, will help you understand where you need to focus your attention prior to taking the actual licensing exam. The practice questions cover all categories of the MBLEx exam including Client Assessment & Benefits & Affects of Techniques, Pathology with Contraindications & Cautions, Massage History, Ethics, Boundaries, Laws & Regulations, Professional Practice, Kinesiology, and Anatomy & Physiology. Along with the practice questions comes a study guide that explains how multiple choice questions are constructed as well as advice and insider tips for passing the MBLEx exam. Lorna Maughan - LMP, is an author and instructor at Massage-Exam.com. Our goal is to provide the most comprehensive massage examination preparation available through online and print. We work hard to instill confidence in our subscribers with comprehensive test preparation and an awesome customer relation staff, to help build upon their working knowledge of the art of massage. This MBLEx exam preparation guide is a small example of this goal. Massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety, boost immunity, and alleviate pain. The World's Best Massage Techniques presents the most effective massage and bodywork techniques from around the world—many of which have been used for thousands of years—to soothe stress and tension, alleviate discomfort, and give pleasure. This beautiful hands-on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation, stress relief, and wellness. — Swedish Massage: Kneading strokes lengthen tense muscles — Hot Stone Massage: Heated, flowing movements penetrate tight knots — Thai Yoga Massage: Assisted stretches bring the body into alignment — Reflexology: Focused pressure activates energy meridians — Lomi Lomi: Sensuous strokes calm the body and mind — Tantsu: Close, body-to-body contact creates intimacy — Polarity: Gentle rocking movements loosen muscles and joints — Shiatsu: Small compressions reduce pain and aid injury recovery Color photography and step-by-step layout make techniques understandable and immediately applicable. With The World's Best Massage Techniques you can use the world's most exciting bodywork techniques in your own home. This practical, detailed, and accessible guide to using massage to treat a range of medical conditions will educate and empower both massage practitioners and non-professionals who want to safely and effectively make a difference in the well-being of a friend or family member. Chapters are conveniently organized alphabetically, so that the reader can easily find helpful treatments for more than 40 medical conditions such as asthma, cancer, frozen shoulder, and plantar fasciitis. Bringing together Eastern and Western understandings of the body, health, and wellness, this user-friendly sourcebook defines and details each of the conditions, any contraindications to massage, and massage protocols and instructions, including how often treatment should be administered. Healing Massage can make treatment and pain relief both available and affordable to those who might not have access to expensive professional treatment. It can also provide substantial and detailed information to practitioners not familiar with a specific condition. Written by a leading massage practitioner and international teacher, this book will be a will be an essential reference in the office or at home. From the Trade Paperback edition. "Everything you need to know about giving and receiving a massage." —Jack Canfield, author, Chicken Soup for the Soul "I recommend this book for everyone who would like to make the art of massage a part of their lives." —John Gray, author of Men Are from Mars, Women Are from Venus "...reveals dozens of healthy tips to help you achieve inner harmony, peace of mind, and an entirely new level of well-being...." —From the Foreword by Robin Leach What reduces pain, enhances athletic performance, job efficiency, and sexual function, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, improves appearance, is completely legal in all 50 states and Puerto Rico and can be had for as little as...nothing? 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 150 hand-on photos and illustrations, experts Steve Capellini and Michel Van Welden, show you, move by move, how to harness the healing power of touch. In no time you'll: Master message basics Give and receive a therapeutic massage Soothe away stress with self-massage Alleviate sports aches and pains Improve circulation and skin tone Get intimate with massage for lovers From Swedish to Shiatsu, sports massage to self-massage, Capellini and Van Welden cover an array of techniques and tell you how to: Choose the right style of massage for you and your body and getting the most out the receiving a massage Knead, manipulate pressure points, shake, rub, stretch and perform all the basic massage moves and techniques Give and receive special massages for the workplace, including reflexology foot massages Perform sports massage, sensual massage, and specific massages for every age group and physical condition, including infant massages and massage for pregnant women Become a massage professional Sensitive, funny and extremely practical, Massage For Dummies shows you how to integrate massage and its incredible benefits into your everyday life. Volume 5 of the massively successful "Love Massage -Melting Beauty Treatment-" series is here! Toudou and Shiho's relationship continues to go smoothly. From while stretching, to while in the shower...and so on, the two once again deepen their love through a variety of massages. However, interested in Shiho(?!), the younger masseur, Suda-kun, makes his return! What will Shiho make of Toudou's different massages?! This is one sweet and exhilarating volume!

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