



DOWNLOAD



Get Started In Massage: Easy techniques to boost relaxation, treat aches and pains and promote closeness (Paperback)

By Denise Whichello Brown

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Is this the right book for me? Starting by helping you to understand what's happening in your body, Get Started in Massage will give you practical guidance on how to use massage for therapeutic and healing purposes. Step-by-step guides with diagrams and a breakdown of which oils to use and when accompany sections on sports injuries, massage for pregnancy and babies, and self-massage in this no-nonsense guide to an effective healing art. Get Started in Massage includes: Chapter 1: The history and benefits of massageHistoryBenefitsChapter 2: Setting the sceneEnvironmentEquipmentContraindications (when not to massage)Chapter 3: Massage techniquesEffleurage/StrokingFrictionPetrissagePercussion movements/TapotementVibration and shakingExercises for your handsChapter 4: Step-by-step massageBack of the bodyFront of the bodyMassage sequence memory joggerChapter 5: Self massageChapter 6: Aromatherapy and massageEssential oilsBergamontChamomile (Roman)CypressEucalyptusFrankincenseGeraniumJasmineJuniperLavenderLemonNeroli (Orange blossom)PeppermintRoseRosemarySandalwoodTea treeChapter 7: Massage in pregnancy and childbirthBenefits of massageSpecial considerationsBackAbdomenLeg and footArm, face and breastEssential oils for labourPost-natal massageEssential oils for post-natal careChapter 8: Massage for babiesBenefits of massageSpecial considerationsSuggested routineEssential oils for babyChapter 9: Sports injuriesThe importance of exerciseThe benefits of massagePre-event massagePost-event massageTreatmentA-Z of sports injuriesEmergency aidChapter 10: Massage in the workplaceChapter 11: A healthy lifestyleMassageHealthy dietExerciseNot got...



READ ONLINE

[6.21 MB]

Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Jayda Lehner Jr.

Complete information for ebook fans. It is actually full of knowledge and wisdom I am pleased to inform you that this is basically the very best pdf we have read through inside my very own daily life and can be he very best ebook for ever.

-- Gideon Morissette