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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 massage History Benefits Chapter 2: Setting the scene Environment Equipment Contraindications (when not to massage) Chapter 3: Massage techniques Effleurage/ Stroking Friction Petrissage Percussion movements/ Tapotement Vibration and shaking Exercises for your hands Chapter 4: Step-by-step massage Back of the body Front of the body Massage sequence memory jogger Chapter 5: Self massage Chapter 6: Aromatherapy and massage Essential oils Bergamont Chamomile (Roman) Cypress Eucalyptus Frankincense Geranium Jasmine Juniper Lavender Lemon Neroli (Orange blossom) Peppermint Rose Rosemary Sandalwood Tea tree Chapter 7: Massage in pregnancy and childbirth Benefits of massage Special considerations Back Abdomen Leg and foot Arm, face and breast Essential oils for labour Post-natal massage Essential oils for post-natal care Chapter 8: Massage for babies Benefits of massage Special considerations Suggested routine Essential oils for baby Chapter 9: Sports injuries The importance of exercise The benefits of massage Pre-event massage Post-event massage Treatment A-Z of sports injuries Emergency aid Chapter 10: Massage in the workplace Chapter 11: A healthy lifestyle Massage Healthy diet Exercise Not got...



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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.**

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