



# **The Complete Guide to Massage: A Step-by-Step Guide to Achieving the Health and Relaxation Benefits of Massage**

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## The Complete Guide to Massage: A Step-by-Step Guide to Achieving the Health and Relaxation Benefits of Massage

Discover the healing power of massage therapy!

With *The Complete Guide to Massage*, you can use the power of touch to soothe aches and wash away worries. Each page guides you through the time-honored practice with step-by-step instructions and photographs for massaging yourself and others. You'll learn the different strokes and movements within a massage as well as techniques for popular methods, including prenatal massage, Swedish massage, and trigger point therapy.

Whether you're looking to relieve muscle tension, alleviate pain, or simply de-stress, *The Complete Guide to Massage* will help you uncover a whole new world of healing and relaxation.



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