



The World's Best Massage Techniques: Innovative Bodywork Practices From Around the Globe for Pleasure, Relaxation, and Pain Relief

By Victoria Stone

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, The World's Best Massage Techniques: Innovative Bodywork Practices From Around the Globe for Pleasure, Relaxation, and Pain Relief, Victoria Stone, The World's Best Massage Techniques is a comprehensive guide to the most effective massage and hands on bodywork techniques on the planet. This book addresses traditional massage techniques such as Swedish, Shiatsu, as well as newer modalities such as Breema, Thai Massage, and Lomi Lomi that are increasing in popularity. Step by step photography guides readers through essential hand positions and massage sequences.



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