



## Body Massage: Personal Trainer (Paperback)

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By Esme Floyd, Paul Wills

Carlton Books Ltd, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Simple, safe and highly effective, it s not surprising that massage is one of the most popular ways of relieving tension and anxiety. Body massage is not only relaxing and enjoyable, but it also has many health benefits and a greater sense of physical and emotional wellbeing. Personal Trainer: Body Massage is packed with information, tips and techniques on how to massage the legs, arms, stomach and chest, as well as the classic tension-storing areas of the neck, shoulders and back. Each of the massage techniques are illustrated with step-by-step photographs and accompanied by easy-to-follow instructions. Whether your goal is to ease muscles after workouts, combat muscle tension or aid relaxation, this comprehensive and accessible guide to the gentle but effective art of massage is the ideal introduction for anyone who wants to practise on themselves or friends and family. It is also a useful companion for health professionals wishing to give patients a caring touch.



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