Get Started in Massage: Teach Yourself

By Denise Whichello Brown

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Get Started in Massage: Teach Yourself, Denise Whichello Brown, 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: Teach Yourself 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...

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