



Step-By-Step Head Massage

By Eilean Bentley

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2001. Softcover. Book Condition: New. The massage for the head, neck and shoulders is a unique integration of mind-body therapies. Traditional Indian head massage combines with the healing powers of shiatsu, acupressure and reiki. Meditation and creative visualisation techniques guide and focus healing. The book offers: * a simple self-care routine * a complete massage programme * a guide to meditation techniques * treatments for common ailments * Clothed massage, anywhere, anytime.



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