



Massage: Massage Therapy: Powerful massage techniques from around the world (Swedish Massage, Thai Massage, Aromatherapy, Pain Relief, Shiatsu Massage, Self Massage)

Fiona Brooks

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Want to learn the top massage therapy techniques from around the world?

The practice of using massage to soothe the human body has been around for thousands of years, and most of the world's major cultures have their own version of it. As of 2009, it has also been estimated that the US market alone spends an upward of **USD 6 billion** on annual visits to massage therapists.

So what can massage therapy do for you?

- Relieve stress
 - Relieves headaches
 - Reduce or eliminate muscle pain
 - Relax muscles
 - Lower blood pressure
 - Improve joint flexibility and range of motion
 - Improves blood circulation
 - Improves lymphatic drainage
 - Improves rehabilitation after injury or operations
- With this book learn the top techniques fast in a clear step by step tutorial.
Download the book today!

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