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Head Massage: Simple Ways to Revive and Restore Well-being and Feel Fabulous from Top to Toe

By Francesca Rinaldi

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Head Massage: Simple Ways to Revive and Restore Well-being and Feel Fabulous from Top to Toe, Francesca Rinaldi, This title presents simple ways to revive and restore well-being, and feel fabulous from top to toe. It offers amazing techniques to recharge your mind and body, and to improve your health, shown in more than 275 beautiful step-by-step photographs. It is an easy-to-use practical guide to massage strokes that will help relieve insomnia, anxiety, sinus problems and asthma, as well as general routines that give an overall feeling of relaxation and well-being. It offers simple self-massage sequences, including easing neck pain after driving, quick fixes while working, and how to relieve tension headaches on the spot. It includes advice on creating a healing space, preparing yourself for treatment, and establishing a profound link between you and your partner. It features a comprehensive overview of the most useful massage strokes, with expert instructions on how to perform them. Head massage is an ancient therapy from India that is now widely used as a therapeutic means of providing relief from the aches and strains of modern living. Many of us have a body profile that...



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