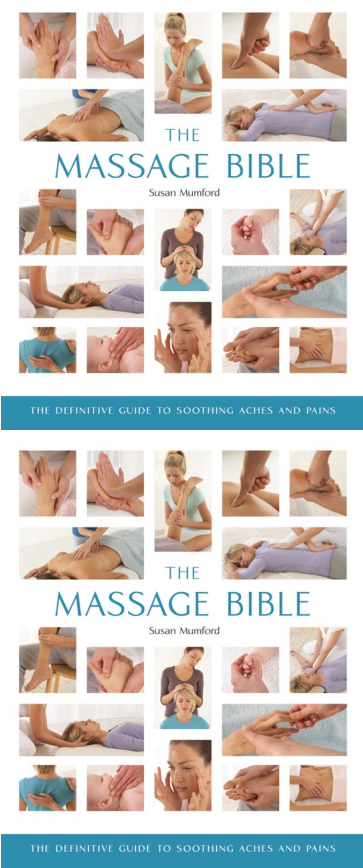


Massage Bible - Mumford



From Chinese massage to Shiatsu to Indian head massage, this lavishly illustrated “bible” presents all the techniques needed to master the basics.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$19.99

Sales price without tax \$19.99

Tax amount

[Ask a question about this product](#)

Description

Every spread features large and easy-to-follow photos, while the text guides beginners on what pressure to exert, what part of the hand makes contact with the body, and exactly what to do—whether they’re feathering the back, working on the neck and scalp, or performing a sequence on the arms and hands. In addition to holistic and sports massages, there are suggestions for special situations (including massaging a baby); advice on massages to relieve common ailments; and lifestyle tips.

Reviews

There are yet no reviews for this product.