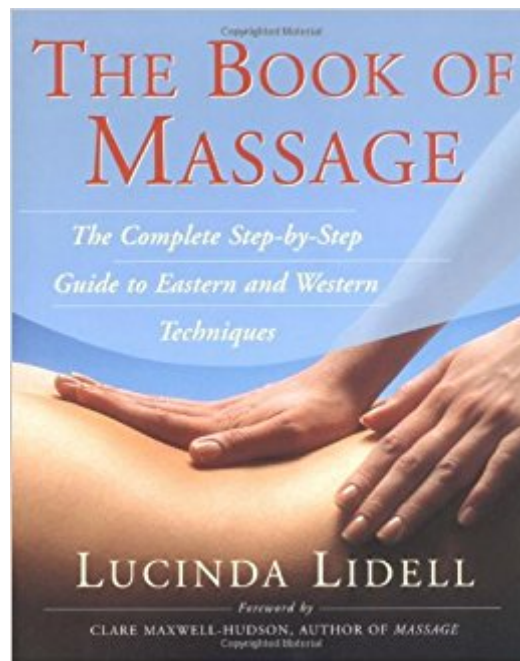




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# The Book Of Massage: The Complete Step-by-Step Guide To Eastern And Western Technique



## Synopsis

A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

## Book Information

Paperback: 192 pages

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Language: English

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Product Dimensions: 7.9 x 0.6 x 9.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 161 customer reviews

Best Sellers Rank: #32,620 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #17 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #18 in Books > Religion & Spirituality > New Age & Spirituality > Reference

## Customer Reviews

With more than 650,000 copies sold, massage therapist Lucinda Lidell's Book of Massage has been updated with new photos and instructional drawings. Not for the prudish, as the subjects in most of the photos are completely in the buff, the book presents an intense, information-packed, step-by-step guide to traditional massage, shiatsu, and reflexology. No matter which method you choose to focus on (you're advised to choose one at a time), Lidell is thorough in her explanations of the strokes and techniques necessary to give relaxing, therapeutic massage in the privacy of your own home. Detailed drawings, diagrams, and photographs help to further demonstrate how to address each individual body part. Divided into distinct chapters for each of the three methods, The

Book of Massage also includes several sections that Lidell stresses are fundamental to all types of massage. The first is "Beginning," with information such as creating the right atmosphere (a warm room and soft lighting), applying oil, and finding a comfortable position. Additionally, Lidell suggests that everyone should review sections on the human touch and anatomy, both of which oddly come at the end of the book. As thorough as The Book of Massage may be, do not expect to walk away from it an expert. As with any skill worth learning, giving good massage takes time, study, and practice, practice, practice. --Bree Altman

Lucinda Lidell is a well-known healer and professional masseuse. She has contributed to many books on massage and natural healing, as well as the original Sivananda Companion to Yoga and The Sensual Body. She lives in London.

I bought this book really as a gift for my husband. I wanted to learn to give really good massages, and this book is helping me to do just that. Easy reading and simple to follow instructions. I give it an A :)

Bought this book for my girl friend and I to start learning so we can give each other massages. It is more than I expected. A great instructional manual and includes information that the sensual massage books tend to leave out. If you don't know anything about massage and you are looking for more than just the basics this book will provide what you are looking for.

I'm not sure how great this book this is in the world of massage books, but I found it very useful, simple and clear. Perhaps too simple in places, but still worthwhile. If you're looking for a good guide to massage, here's a very good place to start. I suppose other books might more intensely focus on specific techniques, but after reading this, I felt pretty well educated without worrying about all that now . . .

I think that this book is the very good book for beginners. I'm Japanese LMT, Outlines, such as dissection physiology and Eastern medicine, are also described and a polite illustration is also high evaluation in color. However, the massage technique remains in a text, the minimum picture, or an illustration, and it will be hard to use for practice.

This book has a bit of everything. Very handy. I strongly recommend this book as a great overview

to the different Eastern and Western modalities available. A great step by step guide and introduction to the various massage techniques. Thank You,

If you have ever had a massage, you recognize every step of this book. A first timer could give a professional massage following the step by step.

Great book for a beginner or novice

Quite satisfactory content. Pleased.

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