



## Massage Basics

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The art and science of massage come together in a comprehensive guide to every stroke of every style for every part of the body and for every lifestyle. Full-color photos show expert hands at work, with closeups of movements so deep and effective you almost feel better by just turning the pages. More than any other book, this reveals how massage affects the organs and muscles being worked, with helpful charts and illustrations. Athletes get special attention, along with techniques especially geared to children, pregnant women, and seniors, and to relieve occupational tensions. Nearly every aspect of massage finds coverage, from traditional reflexology, Shiatsu, Shu, and Du Mai, to the latest anti-stress, manual lymph drainage, connective tissue relaxation, and sensual massages.

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