



A Practical Guide to Self-massage: Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-being (Hardback)

By Mary Atkinson

Reader s Digest (Australia) Pty Ltd, Australia, 2006. Hardback. Book Condition: New. 266 x 200 mm. Language: English . Brand New Book. Ten basic tried-and-true massage techniques are explained and illustrated with clear color photos--all reinforced with checklists and helpful tips. Once you master the key healing strokes that invigorate and stimulate circulation, follow the in-depth daily and weekly programs to maintain and improve your health. This remarkable handy guide will help you tackle everyday complaints wherever you are: - At home, manage sore feet, weary legs, hangovers, puffy ankles, and premenstrual stress, or use the revitalizing and relaxing massages to unwind after a busy day- On the move, learn to cope with anxiety, indigestion, cold hands, jet lag, and shopping-bag strain- At work, relieve tension headache, stiff necks and shoulders, eyestrain, and concentration dipsThe emphasis throughout is on simplicity and the benefits of being in charge of your own on-the-spot relief. Once these programs become part of your routine, you ll wonder how you ever got along without them!.



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