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RIVAS OCONNELL

This book has been written specifically for holistic therapy students and is invaluable for any major body massage course. It includes a full body massage routine, with each massage movement illustrated with clear, specially commissioned step-by-step photographs. It covers advanced massage techniques such as neuromuscular massage, shiatsu, acupressure and deep tissue massage.

Reflexology is a unique system of foot massage based on the same Chinese holistic principles as acupuncture. This practical guide offers the reader a window into this remarkable therapy that can treat and prevent a whole variety of ailments.

Covering massage fundamentals, techniques, and anatomy and physiology, Susan Salvo's *Massage Therapy: Principles and Practice, 5th Edition* brings a whole new meaning to the word 'comprehensive.' This student-friendly text boasts more than 700 illustrations and expanded sections on neuroscience, research, and special populations, plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms. It makes the essential principles of massage therapy more approachable and prepares you for success in class, on licensing and board certification exams, and in a wide range of therapeutic practice settings. Clear, straightforward approach simplifies complex content for easier understanding. Complete anatomy and physiology section, in addition to material on techniques and foundations, gives you all the information you need in just one book. Certification Practice Exam on Evolve mimics the major certification exams in format and content, builds confidence, and helps increase pass rates. Over 700 high-quality illustrations, including line drawings and halftones, clarify difficult concepts in vibrant detail. Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, and stimulate dialogue. Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. Clinical Massage chapter focuses on massage in clinical settings like hospitals, nursing homes, and medical offices to broaden your career potential. Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market. Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques, routines, client interaction sequences, and case studies that facilitate the learning process and the practical application of the material. Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site. Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter.

Seven years ago I had a traditional massage in Morocco and felt the deep physical, mental and spiritual healing that can come from a great treatment. I started researching massages and spas, particularly traditional treatments from around the world; I travelled to China, Japan, Mexico, Iceland, Tuscany and tried ancient treatments in central London, then I started writing about them so that others could benefit from this research. In 2016 I experienced the most powerful healing yet, in a Native American spa in Arizona. It's all in this book. Was the healing all down to this one incredible treatment, or was it the cumulative effect of years of exploration? I don't know, but wherever you want to start, this guide to over 300 different massages and spa terms will help you plan your healing journey.

Have you ever wondered how foot massage could help lower high blood pressure? Or reduce anxiety attacks? Look no further! Michelle R. Kluck, a massage therapist to the stars from Beverly Hills, knows just how to fix your ailments using reflexology. In this book, she explains her tried-and-true techniques with helpful diagrams and illustrations. And in case you're not sure where to rub, the book comes with her patented Reflexology Sox™ that illustrate, in colorful detail, which part of the foot you should manipulate in order to relive symptoms of PMS, fatigue, and even depression. *Hands on Feet* provides an insider's look at the revolutionary new technique that is natural and -- best of all -- feels great!

Discover *Massage Therapy - Your Way to the Life without Pain, Tension and Body Stiffness* Do you suffer from back pain and muscle tension? Does your job require you to sit in front of the computer all day, resulting in stiff neck and pains? If you answered YES to those questions, you are in need of massage therapy. But once you start looking for a massage therapist, you get bombarded with information about different types of massages, and it becomes hard to figure out which one would be right for you. After all, you need to find a massage that triggers the exact focal points on your body with the right technique and amount of pressure. Otherwise, you might as well just throw your money out of the window. This ultimate guide on massage therapy will help you determine exactly what you need! The book presents a bunch of different types of massages, down to the last detail! Now you'll be able to find the right type for your aches and get rid of pain and stiffness! What you get with this book is a guide on massage therapy, how it works and a list of numerous benefits. Every type of massage presented here is thoroughly explained - from the benefits of each one to techniques, so you'll know exactly what to choose. Here's what types of massages this book covers: The Swedish Massage Deep Tissue Massage Trigger Point Therapy Acupressure Massage Therapy Reflexology, the massage for your hands and feet Percussion Massage Therapy This book will also recom-

mend a massage based on your symptoms and pains and prepare you for the experience. You'll know exactly what to expect, will there be any pain involved and how long will it last. Stop wondering about which massage to choose and delaying the experience! Live a pain-free life and make your body feel great again! Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now! This illustrated guide is a perfect introduction to the art of this ancient Chinese therapy. Manual therapy of the reflex points found on the feet and ankles.

Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines, or acupuncture meridians. In this clearly written introduction to the subject, Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance, prevent ill health and assist relaxation. Learn how reflexology and the meridian theory work Follow the illustrated step-by-step reflexology techniques Use reflexology to balance the body's functions Improve the body's circulation and general health

This book provides a stylish, accessible guide to the natural therapeutic benefits of reflexology. At its heart is a complete step-by-step reference, demonstrating how to carry out a full foot and hand treatment with clear, annotated photographs that show exactly where to apply pressure and which technique to use where. There are explanations of how to adapt treatments to suit the whole family - including children, babies and the elderly - and treatments for 60 common ailments ranging from arthritis to colic, plus quick-fix tips such as a de-stressing treatment for use in a supermarket queue or busy office.

"Zone Therapy; Or, Relieving Pain at Home" by Wm. H. Fitzgerald, Edwin F. Bowers. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

With the rapid development of nanotechnology, the surface-to-volume ratio of objects of interest continues to increase. As such, so does the importance of our ability to tailor interfacial properties. Written by bestselling author and internationally renowned researcher K.S. Birdi, Introduction to Electrical Interfacial Phenomena offers comprehensi

Reflexology Lymph Drainage in its entirety. Learn from Sally's personal journey of inspiration to innovation, from the ancient art of reflexology to the research & development of RLD, a modern evidence-based method of reflexology. A groundbreaking step change tool for the reflexology tool box! This superbly illustrated text familiarizes students with individual muscles and muscle systems and demonstrates basic clinical massage therapy techniques. More than 550 full-color illustrations of internal structures are embedded into photographs of live models to show each muscle or muscle group, surrounding structures, surface landmarks, and the therapist's hands. Students see clearly which muscle is being worked, where it is, where it is attached, how it can be accessed manually, what problems it can cause, and how treatment techniques are performed. This edition features improved illustrations of draping and includes palpation for each muscle. An accompanying Real Body-

work DVD includes video demonstrations of massage techniques from the book.

A guide to spa treatments and massages, this book includes definitions and descriptions of common massage and spa services as well as the more unusual offerings of international spas in China, Morocco, Tuscany and more. From advice on your first visit to a spa or masseur to "way out" experiences for the more adventurous, this is the ultimate spa handbook. If you've ever wondered what Reflexology is like in China, been tempted by Gua Sha, tried to discover how an Ayurvedic Massage differs from the rest, or even heard of Tkissila this is the guide for you. This guide is based solely on personal experience, so, as well as explaining some of the technical differences, the author also explains how each treatment made her feel and her reactions to some of the more unusual massages. The book also includes recommendations for spas where the author has tried the treatment and information on further reading. A must for new spa visitors, as well as spa fanatics and spa professionals.

At last a guide to spa treatments and massage that decodes the "spa speak" language of 5 star spas and tells you what to expect. Whether you just want to understand sports massage or whether you want to explore the international world of spa treatments from Hawaii to Hong Kong, via Iceland's Blue Lagoon this guide will help you to make the most of your relaxation time and budget.

Massage therapists need basic, practical business advice such as low to mid-cost marketing techniques, taxes, and recordkeeping, but there is also no denying the benefits of "been there, done that" information that can only come from someone else's experience. How to Start a Home-based Massage Therapy Business offers a gold mine of tips and ideas that can lessen the learning curve, stimulate thinking outside-the-box, and increase the odds of having a wildly successful practice.

Most of us spend much of our lives on our feet -- a part of the body that takes a huge amount of stress. We all know just how much better we feel about ourselves if our feet are in good shape, and yet few of us take proper care of them. Mind-blowing Foot Massage offers a comprehensive range of ways to keep your feet in tip-top condition. Many books have been written on reflexology, and countless massage books contain small sections on foot massage. However, this book brings together not just reflexology and a wealth of foot massage techniques, but also aromatherapy, acupressure, and simple home remedies. There is something here for everyone -- no matter how much time you have -- and you can discover how to treat others as well as yourself. The book begins with a thorough grounding in all the necessary principles, plus basic routines and a full reflexology treatment -- all clearly explained and photographed step by step. Further chapters deal with routines for pleasure and relaxation, for maintaining your well-being, and for tackling everyday complaints. Learn how to use foot therapy to send you off into a peaceful sleep, detox your body, get closer to a partner, and warm up and wind down when you visit the gym. Discover how to use your feet to diagnose and treat problems all over your body and see which instant treatments can be used at home or work to ease a headache or back pains. Mind-blowing Foot Massage also provides advice on appropriate aromatherapy oils and on pampering foot treats -- from easy foot exercises to indulgent home-made potions, lotions, and scrubs -- and gives tips on keeping feet healthy all the time. This is the perfect book for someone interested in really caring for this vital part of the body. Book jacket.

Research has shown that children who enjoy regular positive touch are able to concentrate and communicate better, are calmer in stressful situations and gain self-confidence. This practical and acces-

sible guide offers a thorough overview of safe and effective ways of sharing massage, acupressure and reflexology techniques with your child at home. - Simple techniques and step-by-step routines to relieve common physical and emotional ailments - A self-help tool kit with suggestions for children to help themselves - Useful tips and advice on how to introduce your child to the benefits of touch therapies 'Featuring user friendly treatment sequences and practical advice on dealing with emotional issues such as stress and anxiety, this book will show you how you can make a loving and caring touch part of your child's daily routine.' The Green Parent Magazine 'A step by step guide for home use written by an experienced massage therapist, reflexologist and aromatherapy practitioner. Mary Atkinson offers easy to follow practice routines which can be easily picked up by the complete beginner. Excellent.' Yoga and Health Magazine 'Using clear, straightforward descriptions, Mary Atkinson outlines appropriate massage techniques for the young. A brilliant way to connect with children and support them in overcoming anxiety or illness.' Juno Magazine Provides therapists, students and the public with an interesting and accessible introduction to Indian head massage.

This volume discusses the origins and principles of the ancient healing arts of aromatherapy, reflexology, and massage. Today, these treatments are widely recognized as relaxing and beneficial ways to optimize physical health and enhance mental and emotional well-being. Designed for those with an interest in alternative health measures, this book provides clear, concise insights into the benefits the following types of treatment. Aromatherapy is a combination of special healing oils with massage. Instruction is given on massage techniques as well as remedies and treatments for everyday ailments. In addition, there is an invaluable directory to essential oils and their properties and uses. Massage has its basis in touch, the oldest and simplest of all therapies, as well as one of the most relaxing ways to restore physical and mental health. A demonstration of therapeutic and sensual massage explores techniques for re-energizing and revitalizing your life. Reflexology is most familiar as a foot therapy. However, its healing benefits can be equally achieved through treatment of the hands. Once mastered, this technique can be used to soothe headache, insomnia, muscular pain, stress, and circulatory problems. In this book, an authoritative text is accompanied by simple step-by-step instructions and photographs to illustrate a number of enjoyable and beneficial therapies that can be used by both beginners and more advanced practitioners.

Massage has been proven to reduce stress, promote healing, and enhance healthful living. Unfortunately, spas and massage therapies can be prohibitively expensive. The Everything Massage Book provides readers with all they need to put professional massage techniques to use in their own homes. Packed with easy-to-follow instruction, this reader-friendly guide presents the many benefits of massage and addresses the ten most popular techniques, including Swedish and shiatsu massage.

With over 250 massages, spa treatments and types of healing tried and tested personally by the author, this is the guide to help you find the right experience for you, whether it's your very first massage or you want to try something a little bit more adventurous. With escapes from Africa, Morocco, The Americas, Arizona, Florida, Hawaii, Mexico, Asia, Bali, China, India, Japan, Malaysia, The Philippines, Russia, Thailand, Finland, Greece, Iceland, Italy, Turkey and the UK this is also a great travel companion for anyone wanting to gain a deeper understanding of international culture.

A full-color guide to using crystal wands in bodywork and energy medicine • Explores the healing properties and indications for more than 70 crystal wands • Explains how the shape of a crystal wand amplifies the crystal's energetic effects and provides long-lasting results • Provides step-by-step instructions for crystal-wand techniques in massage and reflexology, in energy work such as aura tuning and chakra balancing, and for protection, power, and relaxation The healing powers of crystals and gemstones were known more than eight hundred years ago by the mystic Hildegard von Bingen and as far back as two millennia ago by the Greek physician Dioskurides. In this full-color illustrated guide, Ewald Kliegel explains the benefits of incorporating crystal wands into your bodywork and healing practice and details the techniques of doing so. Exploring the energetics of crystals and their interactions with the physical and energy bodies, including the overall sense of well-being they impart that underlies their other beneficial effects, the author explains how the versatile shape of a crystal wand amplifies the crystal's energetic effects and offers advantages in massage and reflexology over other shapes of crystals and stones. The larger rounded end can act as a crystal sphere for massaging knots or large areas, whereas the tapered end is ideal for stimulating reflex zones, targeting acupressure points, and tracing meridian lines. Starting with the foundational set of three wands to begin your toolkit: Rock Crystal, Red Jasper, and Aventurine, the author examines the healing properties and indications for more than 70 crystal wands, some easily available and others quite rare. He shows how easily-available Amethyst clears the head, relaxes muscle tension, benefits the lungs, nerves, and skin, aids digestion and constipation, helps dissolve blockages and addictive behavior, and combats fatigue. He explains how crystal wands can be divided into 3 energetic categories--neutral, stimulating, or balancing--and details how to select the proper wand or wands for each healing situation. The author provides step-by-step instructions for incorporating crystal wands into massage and reflexology treatments, for their use in energy medicine, specifically for internal tuning of the aura and balancing the chakras, and for using crystal wands for protection, power, and relaxation. He also explores the use of crystal-infused oils and balms to increase the healing effects of massage. Helping you to enhance your bodywork practice or advance your self-healing work with crystals, this practical guide reveals not only the many healing applications of crystal wands but also the sheer beauty of these powerful energetic tools.

By concentrating on the basics, this book allows anyone to practise and enjoy reflexology as quickly and easily as possible.

A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing • Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso • Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing • Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso. The author details reflexology techniques for each reflex zone

and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions, including the benefits of crystal massage for post-stroke recovery. Drawing on international advancements in reflexology, including the work of craniosacral reflexologist Martine Faure-Alderson, Russian researcher Alexander Kachan, Chinese biologist Zhang Yingqing, and Korean physician Tae Woo Yoo, Kliegel examines how to integrate Yin-Yang massage strokes, metacarpal reflexology techniques, Korean Hand treatments, and craniosacral massage principles into reflexology treatments to restore energetic balance, relieve pain, and support healing. He outlines specific treatment protocols, including holistic reflexology treatments for headache, digestive problems, and back pain. Providing step-by-step instructions for diagnostic testing, he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body. Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis, but also its ancient European roots. Providing a truly holistic and integrative approach to reflexology, Kliegel reveals many different hands-on paths to healing that embrace the energetic interconnections of mind and body.

It is heartening to see how the modern age is rediscovering the beneficial effects of massage. In fact, right down the ages it has been regarded as one of the most effective therapies for de-stressing. It is unfortunate that the art of massage, which was so intricately woven in our custom, is slowly dying a sad death while the western countries have woken up to the magic of massage. This book brings you all the different kinds of massage techniques used all through the world. The Tui Na, Chua-ka, Nuad Bo'Rarn and our famous Kerala Massage are just a few examples of the various types of massage globally popular, today. With the help of this book you can learn all about healing through the use of massage therapy. Allied therapies like Aromatherapy, Osteopathy, Reflexology, Rolfing and Shiatsu are very popular for their efficacy. What is lesser known is that they mostly use the basic tenets of massage, for efficacy.

Sooth away stress, banish pain, and share the language of touch with the healing powers of massage. What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, *Massage For Dummies, 2nd Edition* shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition. Covers an array of techniques, from Swedish to Deep Tissue and sports massage to self-massage. The newest strokes and techniques that can relieve specific painful conditions. Hands-on and extremely practical, *Massage For Dummies, 2nd Edition* shows you how to integrate massage and its benefits into your everyday life.

The information in this ebook on various aspects of massage techniques, styles and related subjects is organized into 15 chapters of about 500-600 words each. I hope that it will interest those who enjoy a massage or would like to enter the booming massage industry. As an added bonus, I am granting you permission to use the content on your own website or in your own blogs and newsletter, al-

though it is better if you rewrite them in your own words first. You may also split the book up and resell the articles. In fact, the only right that you do not have is to resell or give away the book as it was delivered to you.

What I Can Teach You About Massage Therapy Massage therapy is one way for people in the metro to de-stress. And with the fast-paced environment, de-stressing is one of the must-dos of people in corporate America. This is the reason why in recent years, the number of massage therapy clinics in the metro tripled in number. The demand is growing like crazy as people are turning to this relaxant to save their stressed and tired muscles and spirits. Here's a preview of what you will learn: - Fundamental of Massage Therapy - Remedial Massage Therapy - Massage Therapy Basics - and More **GRAB YOUR COPY TODAY!**

This book aims to introduce the new discipline of facial reflexology by explaining its techniques and tracing its beginnings. It is presented as a compendium based on authors practical and experienced theories and the research and studies carried out since 1978. This book is a definitive work by a renowned master in the new therapy. Around 2,000 students trained by her will vouchsafe for the effectiveness of the therapy. It is hoped that the Masters students will carry on the great task of healing and at the same time devise improvements in order to enhance the quality of the therapy. The results obtained with facial reflexology are of organic, physical, chemical and neurological nature. Facial Reflexology has also proved to be very effective in the rehabilitation of patients with brain injuries and neurological problems. This third edition comes with an additional chapter containing case records for the cases treated with facial reflexology, varying from headaches to diseases as complex as cerebral palsy, with miraculous cures.

This massage therapy textbook enables readers to translate the fundamental knowledge base for massage into practical applications both in class and in practice. Students will learn functional anatomy and physiology integrated with massage therapy techniques in addition to exploring the fundamentals of history, medical terminology, pharmacology, assessment, documentation, ethics, pathology, self-care, and more. Now every copy of *Introduction to Massage Therapy* comes with a DVD created by Real Bodywork.

Massage Therapy: Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, *Massage Therapy: Integrating Research and Practice* will assist both students and practitioners in these areas:

- Learning the benefits of evidence-based massage therapy practice
- Understanding various research methods
- Developing research skills by learning guidelines for writing case reports and journal articles
- Understanding how to integrate massage therapy research into education and clinical practice

This text presents a seamless integration of research and practice in four parts, providing readers first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and

low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students in learning the content and act as self-study tools for practitioners. *Massage Therapy: Integrating Research and Practice* offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the practice of this safe and effective health intervention.

Reflexology for Holistic Therapists is an extremely accessible text and is an essential resource for anyone training for practice in reflexology. Each massage move is illustrated with a photograph, making the routine simple and easy to follow. The book contains case studies and self-test questions for exam preparation. It also includes in-depth coverage of chakras and auras plus detailed descriptions of oils.

Supported by easy-to-understand descriptions and illustrations, this compendium demonstrates the effects and uses of crystal wands as a major therapeutic tool for well-being and good health. From simple-to-perform massages to specialized reflexology uses, the featured techniques depict the multitude of possibilities for using crystal wands in tandem with massage, including specialized programs for beauty, vitality, purification, and relaxation. Different types of crystals are described in detail, along with methods for cleansing and testing them. By focusing on producing stronger, faster, more targeted, and longer-lasting effects, this book will revolutionize the approach to massage for all alternative-health professionals, whether interested in crystal healing, reflexology, acupuncture, shiatsu, or chakra balance.

Find out how to give yourself a natural facelift with this fully illustrated guide to the art of face mas-

sage. Discover the revolutionary non-surgical techniques that slow down the ageing process, iron out wrinkles, tone tired skin and leave you feeling relaxed and rejuvenated. There are over 90 muscles in the face and a regular massage can keep them toned and youthful, helping to totally transform skin tone and condition. This practical book gives you all the information you need to start performing facial massage on yourself. Includes sequences to tone and smooth each area of your face, so you will discover how to: - smooth out tension - stimulate pressure points - use the 5-Step Face Lift - lessen forehead lines - reduce wrinkles round the mouth and eyes - work on 'jowls' and double chins - improve your overall complexion - stimulate your lymph glands and natural energy points, improving your energy and immunity and making you feel better all over. The book also explains the underlying muscle structure that keeps your face youthful, as well as how facial massage works to give your skin a better tone and a more 'lifted' feel. Also includes tips on how diet and skincare remedies can help keep your face beautiful.

Do you ever wonder what massage therapy is? Where did it come from? And what's all involved with it? In this book, you will learn the different types of massages, types of pressure used, history of massage therapy, benefits of massage therapy, contraindications for massage therapy, medical and mental conditions helped by massage therapy, pain conditions helped by massage therapy, and tips on finding a good massage therapist. Katherine E. Smith is a nationally certified and licensed massage therapist in the State of Florida. She has practiced massage therapy for twenty-one years. She has worked in numerous places, such as day spas, massage clinics, a fitness center, and with a chiropractor. She has been an active member of the American Massage Therapy Association since 1997.

This textbook guides massage therapists through each step of delivering a spa treatment—from consideration of the indications and contraindications to scope of practice issues, supplies, room set-up, specific procedure steps, and ideas for integrating massage techniques, spa products, and enhancing accents. While wet-room treatments are discussed, the focus is on dry-room treatments, which can be delivered in a wider variety of settings. More than 250 full-color photographs illustrate each technique and treatment. Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step-by-step procedures section. Sanitation Boxes offer clean-up and sanitation tips. Sample Treatments include promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.