



# **The World's Best Massage Techniques The Complete Illustrated Guide: Innovative Bodywork Practices From Around the Globe for Pleasure, Relaxation, and Pain Relief**

*Victoria Stone*

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Massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety, boost immunity, and alleviate pain. *The World's Best Massage Techniques* presents the most effective massage and bodywork techniques from around the world—many of which have been used for thousands of years—to soothe stress and tension, alleviate discomfort, and give pleasure. This beautiful hands-on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation, stress relief, and wellness.

- Swedish Massage: Kneading strokes lengthen tense muscles
- Hot Stone Massage: Heated, flowing movements penetrate tight knots
- Thai Yoga Massage: Assisted stretches bring the body into alignment
- Reflexology: Focused pressure activates energy meridians
- Lomi Lomi: Sensuous strokes calm the body and mind
- Tantsu: Close, body-to-body contact creates intimacy
- Polarity: Gentle rocking movements loosen muscles and joints
- Shiatsu: Small compressions reduce pain and aid injury recovery

Color photography and step-by-step layout make techniques understandable and immediately applicable. With *The World's Best Massage Techniques* you can use the world's most exciting bodywork techniques in your own home.

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