



An Introductory Guide to Massage

Louise Tucker

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This revised edition of *An Introductory Guide to Massage* is an accessible reference for students studying towards qualifications in Body and Holistic massage and provides the underpinning knowledge and skills needed for successful massage treatments. The classical techniques that form the basis of most systems are thoroughly explained, and the student is introduced to the different types of massage commonly offered by complementary, spa and sports therapists. This practical reference also has detailed sections on preparing for treatments, consulting with clients and record keeping, together with an overview of other therapies that are compatible with massage.

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