



The Book of Massage: The Complete Step-by-Step Guide to Eastern and Western Technique

Carola Beresford Cooke, Anthony Porter, Lucinda Lidell

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A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology.

The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. *The Book of Massage* offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, *The Book of Massage* is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

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