

A Practical Guide To Self Massage Over 50 Simple

The Science of Self Massage Self-massage for Athletes Massage ball Self Massage: The complete 15-minute-a-day massage programme Self-Massage Chinese Self-massage Therapy From Touch to Temptation: Turning Massages into Sex A Practical Guide to Self-Massage Complete Self Massage Workbook Healing Self-Massage Spiritual Healing Using Natural Health The Wellness Guide Massage Yourself The Modern Art and Science of Mobility The Art of Self-Massage Self-massage Self-massage techniques Curing Arthritis Naturally with Chinese Medicine Self Massage Secrets Self-massage K. W. Williams Rich Poley Maxime Marois Jacqueline Young Walter Walter Fan Ya-Li Alex Winstone Mary Atkinson Kristine Kaoverii Weber Kristine Kaoverii Weber Reverend Sheila L. Hall Rachel Newcombe Rowland Benjamin Aurelien Broussal-Derval Rose Marchetto Jacqueline Young Australian Institute of Sport. Department of Physical Therapies Douglas Frank Niko Carrafield Monika Struna

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what if you could skip the expensive massage sessions with a trained therapist but still get the benefits of massage what if you could massage yourself and relieve all of the tension stress and pain that you carry in your body well now you can with the science of self message this book is the ultimate layperson s guide to self massaging from shiatsu to acupressure this book introduces all of the basics that you need to know to start massaging yourself there are countless benefits to massage massage therapy has been found to cure many ailments and alleviate the symptoms of others you can now reap these benefits for yourself by learning how to massage yourself instead of hiring an expensive massage therapist you can provide yourself with some relief at home using various tools and methods covered in this book this book is also a great starting place as you begin to educate yourself about massage it is the start of a great journey if you are curious about massage start here to gain a basic knowledge about massage then work to expand your knowledge this is also the perfect reference guide you can refer to it later whenever you need to relieve a certain malady or source of pain you can also use it as a guide on how to massage your loved ones are you ready to start healing your pain and feeling more relaxed are you ready to improve your circulation relaxation and health are you prepared to become more popular as people find out that you have leaned massage then read this book and start learning self massaging today

self massage for athletes puts the power of massage into the hands of those who need it most well illustrated with more than one hundred black and white photos this handy book presents a user friendly guide to self massage it lays out seven simple massage strokes

that form an easily learned effective massage therapy rub your troubles away with this excellent book

so you have a few muscles or triggers points that are quite tight this self massage book using a massage ball accessible to all is filled with beautiful illustrations to help you learn how to target your muscles that you can easily roll you'll be able to identify which muscle is sore discover how you can use the ball to relax the area free your muscles from soreness includes advice useful for your foot back hand and neck athletes and office workers this book also offers you more information about massage balls discover more about the different types available deep tissue spikes double learn how to massage each muscle discover other tools that you can use to release your tensions stretching massage gun and foam rollers learn how to relax your muscles safely and efficiently buy it now illustrations to help you target the right areas learn how to self massage using this book on massage balls can be useful to all made by a massage therapist with the same advice he offers to his clients

self massage is simple and effective self care programme which can easily be incorporated into your daily routine

stress and constant nervous tension significantly affect the health of the human body how often did you come home after a hard working day and felt completely drained and every part of the body was aching did you want to get at least some help to relieve the pain but you have neither the time nor the money for a specialist it is time to take care of yourself your health and your physical and mental condition all you need is self massage with its help you will control state of health improve the quality of life relieve the stress resist illness and become more happy and relaxed a massage can be an excellent remedy for headaches muscle spasms and regular sessions will stimulate the production of happiness hormones strengthen the immune system avoid edema and start the process of regeneration in the

body self massaging can also boost levels of stamina and curb insomnia contributing to better mental health we bring to your attention a book which contains useful tips and various effective techniques that will help you master the skills of self massage you will find out how to create soothing atmosphere how to prepare yourself for the massage do s and don ts and many other you will also learn how to massage each part of the body from head to toes using only your hands and essentials oils and will learn how to use some massage tools buying a book will cost you less than going to a specialist and will take less time you can help yourself relax and unwind after a hard day without even spending a thing so lie down take a break and enjoy the easiest way to a relaxed mind and body

chinese self massage has many benefits and uses ranging from maintaining health to treating acne losing or gaining weight and preventing wrinkles this comprehensive overview of the theories and techniques of chinese self massage is for both professional practitioners of chinese medicine and people who are interested in caring for their health it includes self massage procedures for treatment and prevention of many common complaints such as colds and flus insomnia high blood pressure constipation diabetes menstrual pain tennis elbow and fibrocystic breast disease along with accompanying pictures showing how and where the technique should be done this book also includes sections on self massage for sexual dysfunction beautification weight loss maintenance of teeth prevention of balding and the promotion of better breast health

ever wanted to take your massages to the next level from touch to temptation is your ultimate guide to transforming a simple rubdown into an electrifying experience packed with expert techniques step by step guidance and subtle yet irresistible ways to build anticipation this book teaches you how to seamlessly transition from relaxation to raw passion whether you re looking to spice up your relationship or explore the art of erotic touch you ll discover the secrets to setting the mood reading your partner s signals and making every stroke

count get ready to turn up the heat one touch at a time

a complete program of simple natural and effective exercises and techniques designed to relieve stress and everyday health problems

if we re suffering from stress have a headache or simply feel listless most of us tend to reach for the aspirin the complete self massage workbook offers a great alternative 100 quick and effective exercises designed to relieve stress and other minor health problems drawing on taoist studies as well as shiatsu reflexology and indian head massage kristine kaoverii weber shows you how to harness the healing power of self massage all the techniques are explained with step by step pictures alongside clear instructions so they re easy to understand and perform plus each exercise focuses on accessible areas of the body hands and feet face and head neck shoulders and lower back making them ideal for use in the office at home and even when travelling this is the perfect self help guide for anyone interested in improving their physical mental and emotional well being through the healing power of touch

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embrace every aspect of your well being from physical mental and emotional health to improved nutrition sleep and relationships true wellness is rooted in mental emotional social occupational financial and physical well being wellness is fed and watered by practicing healthy but simple habits that allow us to grow and blossom the wellness guide sets readers on the path to achieving a balanced life that is healthy and fulfilling with practical advice on how to set and achieve goals for every aspect of well being by optimizing your physical mental and emotional health you can find the ideal work life balance that will result in positive long term benefits

massage yourself is concerned with self treatment self help and personal empowerment and describes a remedial massage system where you massage yourself the book focuses on specific muscles without unnecessary repetition it covers two main types of technique kneading and friction and explains which muscles tendons and ligaments are being massaged where they are located which part of your hand or massage tool is best to use and it explains how to do the massage technique it is clear easy to read user friendly and contains hundreds of photographs and line drawings showing massage techniques for every part of the body as well as anatomy illustrations and provides bullet points which take you through the techniques step by step self massage can complement treatment by helping to fix problems or remove the need for treatment by preventing health problems developing the book is useful for anyone who works with their own body including manual workers musicians dancers yoga students personal trainers sports coaches athletes and sports people or anyone who works on other people s bodies including masseurs osteopaths physiotherapists chiropractors manual therapists yoga teachers naturopaths medical doctors exercise physiologists pilates and aerobics teachers self massage can reduce treatment time and improve the health and efficiency of your muscles tendons and ligaments without the need for expensive equipment and once learned can be used safely at home it is especially useful when lots of short sessions of treatment are needed but are inconvenient for the patient a patient can be working on his or her problem between treatments working from home can be so much

easier and time saving massage yourself is divided into introduction techniques and appendix the introduction defines some of the key terms goals and concepts around self massage explains how massage works and how it can be used it discusses the difference between massage and self massage and the pros and cons of self massage it looks at the dozen or so places on the hand from where contact and pressure is applied to the soft tissues and the three massage tools recommended in this book the two rubber balls in a net the tightly rolled up towel and the wadi and indications and contraindication for their use it explains the purpose of the techniques and the differences between them the introduction also looks at other types of massage as well as anatomy ergonomics the working environment palpation the art and skill of feeling soft tissues props the ideal routine side effects and as well it provides tips on how to do self massage especially for first time users it lists medical conditions requiring caution and looks at how gravity lifestyle genetics and the curvatures of the spine affect posture the technique section is divided into part a jaw and spine part b upper limb and part c lower limb and contains the massage techniques including the starting positions standing sitting on a chair laying on your back or kneeling on the floor and the actions needed for the execution of the technique this main section works through the soft tissues of the body in the following order jaw suboccipital cervical and thoracic spine ribs lumbar and sacroiliac spine shoulder arm elbow forearm wrist hand hip thigh knee leg ankle and foot the appendix contains a glossary of anatomical terms used in this book i have used words that everyone can understand but in a technical book like this some words will inevitably fall outside the domain of common usage when these words needed to be explained they were added to the list in the appendix also in the appendix is a list of muscles and their actions each joint is listed followed by its of movement and the muscles that produce that movement

live pain free and maximize your training potential the modern art and science of mobility is a striking visual guide to releasing muscle tension and activating muscles for functional motion it goes beyond traditional training methods that focus on performance and aesthetics

and asks these simple questions are you truly reaping the full benefits of training if it does not include mobility exercises why are the vast majority of people even the most athletic individuals unable to perform basic motor tasks without pain or difficulty why are physically active people still dealing with lack of mobility and chronic injury whether you are a casual exerciser or an elite athlete you will learn how to preserve and maintain your body with over 300 exercises designed to improve mobility facilitate recovery reduce pain and activate muscles utilize the self tests to assess your current level of mobility and then choose from over 50 prescriptive training routines that can be used as is or customized to target specific functional chains you'll find exercise recommendations based on body region activity and primary goal and you'll learn to incorporate a variety of techniques and popular equipment including resistance bands foam rollers massage balls and stability balls the modern art and science of mobility provides a stunning visual presentation with over 1200 photos and 100 original illustrations by stéphane ganneau his illustrations highlight the muscles with precision and his avant garde style and the harmony of colors give this book a unique graphic signature mobility is the foundation for training your best and feeling your best the modern art and science of mobility will help you do just that by helping you to alleviate pain improve posture and release muscle tension for a more comfortable and enjoyable quality of life

the art of self massage techniques for relaxation pain relief and wellness discover the power of self massage with this comprehensive guide designed to help you improve your physical and mental well being the art of self massage provides a wide range of techniques that target common areas of tension stress and discomfort whether you seek pain relief relaxation or enhanced flexibility this ebook will teach you how to use your hands and various tools to bring your body and mind into balance this step by step guide covers everything from neck and shoulder relief to techniques for the feet hands and back you will also learn how to enhance your massage routine with helpful tools like massage balls and foam rollers and how self massage can support mental clarity and stress reduction whether you're new to

self massage or looking to deepen your practice this ebook offers simple yet effective methods to help you unwind heal and feel your best incorporate these techniques into your daily routine and experience the transformative power of self care

based on a combination of techniques from oriental massage traditions

chinese medicine has been relieving arthritis for 2 000 years by balancing the body and allowing its healing powers to take over this guide provides a basic introduction to how chinese medicine aids in the diagnosis and treatment of arthritis including chinese self care and home remedies such as self massage magnet therapy and chinese patent medicines

this short guidebook covers the whole body instructing proper massage techniques to help relieve chronic stress aches and pains helping to prevent headaches digestive issues tendonitis carpal tunnel plantar fasciitis and so much more we are so excited to share these techniques with the public hurry now and get your copy of this amazing yet simple and easy to read step by step guide to health and wellness

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