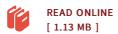




The Complete Book of Massage and Aromatherapy: A Practical Illustrated Step-by-step Guide to Achieving Relaxation and Wellbeing with Top-to-toe Body Treatments and Essential Oils

By Catherine Stuart

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Complete Book of Massage and Aromatherapy: A Practical Illustrated Step-by-step Guide to Achieving Relaxation and Wellbeing with Top-to-toe Body Treatments and Essential Oils, Catherine Stuart, This is a practical illustrated step-by-step guide to achieving relaxation and well-being with top-to-toe body treatments and essential oils. This is a comprehensive practical guide to head, face, body and foot massage and aromatherapy treatments, for health and harmony. Over 150 techniques introduce the massage strokes and essential oil applications for quick-fix daily remedies and slow, therapeutic relaxation treatments, fully illustrated in more than 1500 photographs. This title includes self-administered remedies as well as methods of treating partners, friends and family, and offers sequences designed specifically for babies and children, expectant mothers, and the elderly. It provides therapies for common ailments including headaches and sinus problems, stress at work, insomnia, muscular pain, cellulite, and digestive disorders. This is the ultimate guide to working with top-to-toe massage and therapeutic oils to improve your health and to ease the stresses and strains of modern life. More than 150 illustrated techniques are included, showing how to harness the natural healing ability of touch and essential oils, and demonstrating how...



Reviews

A top quality publication along with the typeface applied was exciting to read through. It can be rally interesting through reading through time. Your life period will be enhance once you full reading this article book.

-- Prof. Demond McClure

Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Enrique Labadie

Relevant Kindle Books



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. This isn t porn. Everyone always asks and some of our family thinks it is for sure. but it s not....



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in...



Billy and Monsters New Neighbor Has a Secret The Fartastic Adventures of Billy and Monster Volume 4

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 32 pages. Dimensions: 11.0in. x 8.5in. x 0.1in.From Best selling Author David ChukaJoin Billy and Monster in this fourth episode of the series - The Fartastic Adventures...



Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in.Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing in the doorway, a woman, resembling her...



Preventing Childhood Eating Problems: A Practical, Positive Approach to Raising Kids Free of Food and Weight

Book Condition: Brand New, Book Condition: Brand New,



Children's Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...