

Massage Neurosensoriel

BodyWork Shiatsu Carl Dubitsky.1997-05 Explains the art of finger-pressure massage.

Essential Sciences for Therapeutic Massage Sandy Fritz.2012-06-27 This money saving package includes *Essential Sciences for Therapeutic Massage*, 3e edition textbook and *Massage Online for Fritz: Essential Sciences for Therapeutic Massage (User Guide and Access Code)*.

Thai Massage Manual Maria Mercati.2005-08 Thai Massage is the touch that enhances health, happiness, and wholeness--and with more than 150 expertly demonstrated sequences unfolding on these pages, everyone can enjoy its benefits. Sometimes called yoga in action, Thai massage has worked its relaxing wonders for more than 1,000 years. Explore its secrets with a detailed program that includes ten complete lessons, each concentrating on a particular part of the body. Like other forms of massage, it employs a flowing sequence of stretches, but instead of using only your fingers, pressure is applied with the thumbs, palms, elbows, knees, and feet. Full-color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements. Each technique is clearly explained and its benefits--from improved flexibility to increased vitality--detailed. All of the techniques are shown in sharp color photographs that are pleasing to the eye. Descriptions of the techniques are clear.--*Massage Therapy Journal*.

Handbook of massage Gustaf Mauritz Norstroëm.1896

Chinese Massage Therapy Chengnan Sun.1990

The Art of Massage Albert Reibmayr,Benjamin Lee.1885

Best Massage Therapist Ever Teesson Publishing.2019-12-21 Perfect Gift For Massage Therapist For Any Occasion. There is 120 pages in this book and the size of this book is 6*9 inch. Those who works with Massage Therapy field, they can note necessary information in this book. It has a very good looking massage designed on the cover, so this is gonna be loved by anyone in this related field.

How to Give a Massage Learning The Basics and The Techniques of Massage Therapy A. E.

Wilson.2014-07-15 How to Give a Massage: After a very lengthy, tedious and stressful day in school or at work, one of the best things that a person can be treated to is a long, soothing massage. Then again, it has been proven that relaxation is not the only benefit of going through this therapy. It has been said, for instance, that massage therapy helps boost the immune system, decrease pain sensation and increases endorphins also known as the happy hormones, among so many others. Even medical practitioners make use of this as adjutant therapies to treat certain health problems. But let us not dwell too much on that. Let us focus more on how you can learn giving a massage. As a wise man has mentioned a long, long time ago, it is so much better to give than to receive - that is very true, in this case. Learning the actual skill, the various techniques and the art of massage would not just be a benefit for your family. Having a pair of adept hands can even be a financial advantage as well!

Massage and Aromatherapy Lyn Goldberg.2001 A student-centred approach with activities, progress check questions and key terms highlighted. Highly illustrated and practical approach. An essential text covering the Level 3 NVQ units related to body massage and aromatherapy. Emphasis on good practice.

Deep Tissue Massage Treatment Enrique Fabian Fernandez.2006 Focusing on practical application of deep tissue therapy, Deep Tissue Massage Treatment provides clear, how-to

instructions for assessment and treatment. The most commonly used techniques are covered, including trigger point therapy, friction techniques, myofascial techniques, and stretching. -back cover.

Bioharmonic Self-Massage Yves Bligny.2011-09-16 Self-massage techniques to heal the body, mind, and spirit • Includes self-massage techniques to clear the body's blocked energy circuits, relieve physical tensions and chronic pain, release trapped emotions, and reduce stress and anxiety • Contains full-color illustrations throughout demonstrating bioharmonic massage, movement, and stretching exercises • Demonstrates how to use common objects to work on hard-to-reach problem areas, including the neck, shoulders, and back, to relieve pain and increase fluidity of movement Drawing upon biological decoding, reflexology, lymph massage, and yoga as well as recent neuroscience and quantum physics research, therapist and kinesiologist Yves Bligny shows how to awaken the body's natural potential to harmonize energy through the release of tensions and emotional memories trapped within our muscles. He explains how the synergy between the physical body, emotions, thoughts, energy, and consciousness creates a delicate balance, or "bioharmony," that can be tuned and adjusted through self-massage. Using the power of intention--directed thought aided by expanded awareness of the body--as well as tubes, wands, tennis balls, and other common objects to reach hard-to-massage problem areas, Bligny shows how to take inventory of your body, mind, and memories and use the conscious touch of self-massage to remove energy blockages, release trapped emotions, and relieve anxieties, stress, and muscle tensions as well as gain stability and strength. Effective for chronic back, neck, and shoulder problems, the movements and stretching exercises of bioharmonic self-massage can also be used to increase fluidity of motion, ward off illness, and attain a state of bioharmonic--physical, emotional, mental, and energetic--well-

being.

Bach Flower Massage Daniele Lo Rito.1997-10 • Simple instructions and diagrams for treating all types of emotional states by massaging the body with Bach Flower essences. • Bach Flower Massage contains all the information you need to begin treating yourself and others with the 38 flower remedies, including a list of the indications treated by each essence, illustrations of the flowers themselves, and tips on where to find them in the wild. • Clear diagrams show exactly where to massage the body with each flower essence, depending on the condition to be treated. Doctors have long known that inner imbalances can be reflected in external reactions of the skin, but Bach Flower Massage is the first book to turn that equation around: by manipulating the skin with a combination of massage and Bach Flower essences, inner conditions can be treated. This is an extremely precise method of using Bach Flower essences, because the flowers immediately go to work on the part of the body connected to the psychic imbalance. Practitioners of Bach Flower therapy will be amazed by the results they achieve with this new approach.

Massage neurosensoriel et drainage lymphatique Jacques Baugé-Prévoist.1999 La culture du massage, qui allie l'éthique à l'esthétique, favorise l'équilibre du corps, de l'esprit et de l'âme lorsqu'elle est effectuée dans le respect des autres et de soi-même. Ainsi, Jacques Baugé-Prévoist, professeur, docteur et doyen de la médecine naturelle, renouvelle une fois de plus les bienfaits du toucher. Comme il le dit si bien, le massage peut être de trois ordres de sensibilité : sensoriel, sensuel et sexuel. Le premier signifie ouverture d'esprit et bonne disposition intérieure, et est fait dans un but de tendresse ; le deuxième déclenche une grande euphorie ; et le troisième mène au plaisir érotique. Cet ouvrage, écrit dans un style clair, rendra à coup sûr de précieux services non seulement sur le plan de la santé, mais aussi sur le plan humain. Un petit dictionnaire de naturo-

sexologie complète le tout. L'auteur nous explique différentes techniques de massage, notamment les particularités du drainage lymphatique manuel. Son approche, à la fois préventive et curative, favorise l'amélioration de la tonicité neuromusculaire et de la sensibilité tactile, et contribue ainsi au développement optimal dans la poursuite de l'épanouissement de la nature tridimensionnelle de l'être.

Massage For Dummies Steve Capellini, Michel Van Welden. 2010-06-08 Sooth away stress, banish pain, and share the language of touch with the healing powers of massage What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, *Massage For Dummies*, 2nd Edition shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition Covers an array of techniques, from Swedish to Deep Tissue and sports massage to self-massage The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical, *Massage For Dummies*, 2nd Edition shows you how to integrate massage and its benefits into your everyday life.

Massage Therapy Heals the Soul Teesson Publishing. 2019-12-21 Perfect Gift For Massage Therapist For Any Occasion. There is 120 pages in this book and the size of this book is 6*9 inch. Those who works with Massage Therapy field, they can note necessary information in this book. It has a very good looking massage designed on the cover, so this is gonna be loved by anyone in this related

field.

Therapeutic Medical Massage Michael J Stiers.2014-02-21 Create or modify your HTML page in the text box. Click Show Page to see your page in the frame to the right. This book was written for the beginning student entering the Massage Therapy profession. It is not intended to replace the school's anatomy and physiology text but be a companion to the materials. This handbook answers many questions at the beginning of a future career. such as the history of massage, the tools and equipment, the basic hour massage, advanced diagnostic procedures, the different styles and purposes of massage,

The Tui Na Manual Maria Mercati.2018-06-12 A full-color, illustrated guide to Chinese tui na massage techniques for whole-body health • Demonstrates each of the 15 unique Tui Na techniques with rich full-color photos and step-by-step instructions • Explains how to use qi-points to treat conditions in close proximity to the points as well as enact healing in tender or injured regions through the use of distant points • Details how to use Tui Na in all ages to release stress, re-energize the body, invigorate the mind, and relieve pain, sciatica, headache, sports injuries, and other common ailments Tui Na, which means "grasp and push," is a Chinese system of therapy that uses massage and bodywork manipulation to relieve pain, release tension, and treat common ailments. Often practiced in conjunction with acupuncture and Chinese herbalism, Tui Na is also used as a treatment to address specific patterns of disharmony and stimulate the overall flow of qi, or vital energy, throughout the body. The leading authority on Tui Na in the West, with years of study in China, Indonesia, and Thailand, Maria Mercati combines the individual techniques of Tui Na into an easy-to-use method for whole-body health. Providing rich full-color photos with step-by-step instructions, she demonstrates each of the 15 unique Tui Na techniques, showing clearly where to

place your hands as well as offering clear diagrams of the meridian energy channels and more than 100 powerful qi-points, where qi energy can be directly affected to restore balance and harmony. She explains how to use the qi-points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected qi-points. The author details how to use Tui Na treatments to relieve neck, shoulder, and back pain, sciatica, headache, and many other common ailments, treat sports injuries, and improve athletic performance. She also shows how it can release stress, re-energize the body, and invigorate the mind, as well as provide healing massage for adolescents, the elderly, and babies. Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work, this fully illustrated guide provides a hands-on program to help yourself and others find whole-body health.

Reflexology Massage Monika Schaefer.2008 Reflexology dates back to ancient Egypt, China, and India, but this age-old massage technique offers powerful benefits for today. Reflexology divides the feet and hands into zones, where specific nerves within these extremities are directly linked to other areas of the body. By massaging, stretching, and otherwise manipulating these zones in focused patterns, practitioners can greatly reduce stress and improve energy flow to the affected areas. More than 100 color photographs and diagrams show exactly how to achieve great results.

Beginning with session preparation, the instruction moves into proper grips and soothing holds, gentle pinching techniques, and manipulation for all five critical zones for hands and feet. A section on self-massage and tips for creating shorter massage programs are also provided.

Massage Therapy Medical Reports Naeem Sharieff.2012-04-05 Medical massage therapy is massage that uses technique that is supported by current knowledge regarding the body's natural physiological, biochemical, and neurological processes. It is a natural and non-invasive approach to

health care and seeks to support the body's own natural healing capacities. Although massage therapy is recommended and administered to various extents by healthcare practitioners and patients alike, research evidence is required to advocate massage therapy effectively and safely. Massage Therapy Medical Reports handbook is a compilation of case reports that would help the massage therapists and alternative medicine practitioners in writing medical reports for submission to medical-allied specialty or insurance carriers and good for educational and training purposes.

Massage for Total Stress Relief Nitya Lacroix.1991 Shows how to conquer stress with the healing power of touch, with step-by-step instructions and an illustrated glossary of massage strokes
Total massage Gill Tree.2006-10-28 Une introduction à l'histoire du massage et à ses principes. Une reliure spirale pour faciliter la consultation de l'ouvrage. Plus de 80 techniques de massage simples, pour toutes les parties du corps. Plus de 300 photos explicatives en couleur. 14 programmes de massage : auto massage, massage du nourrisson, de la personne âgée, massage anti-stress...

Home Massage Chuck Fata,Suzette Hodnett.2011-12-01 Focusing on its therapeutic properties and capacity to enhance health and intimacy in all relationships, this book demystifies the medium of massage and makes it accessible for everyone in the family. Designed for the nonprofessional with simple step-by-step instructions, it teaches the three principles that make learning massage easy and fun. Also included are ideas for bringing home massage into daily life and how to use these principles to share massage with infants, children, adolescents, spouses, and the elderly. By emphasizing the innate healing power of touch to reduce stress and improve the immune system, this practical manual provides the tools for achieving health, relaxation, and connection with loved ones.

Massage gun Maxime Marois,MassoGuide.2021-09-21 So, you have a few muscles or triggers

points that are quite sore and you wish to use a massage gun? This book, accessible to all, is filled with beautiful illustrations to help you learn how to target your muscles with a massage gun. You'll be able to : - Identify which muscle is sore. - Discover how you can relax your muscle with the massage gun. Free your muscles from soreness - Includes advice useful for sciatica, back pain, neck, and for athletes. This book also offers you more information about massage guns - Discover more about the different types of heads available< - Learn how a massage gun can help you daily - Discover other tools that you can use to release your tensions (massage ball, stretching, and foam rollers) Learn how to relax your muscles safely and efficiently. Buy now! - Illustrations to help you target the right areas - Learn how to self-massage using a deep tissue massage gun - Can be useful to all (massage gun for athletes or for your daily life) Made by a massage therapist with the same advice he offers to his clients.

Magic Of Massage TANUSHREE PODDAR.2012-11-15 It is heartening to see how the modern age is rediscovering the beneficial effects of massage. In fact, right down the ages it has been regarded as one of the most effective therapies for de-stressing. It is unfortunate that the art of massage, which was so intricately woven in our custom, is slowly dying a sad death while the western countries have woken up to the magic of massage. This book brings you all the different kinds of massage techniques used all through the world. The Tui Na, Chua-ka, Nuad BoARarn and our famous Kerala Massage are just a few examples of the various types of massage globally popular, today. With the help of this book you can learn all about healing through the use of massage therapy. Allied therapies like Aromatherapy, Osteopathy, Reflexology, Rolfing and Shiatsu are very popular for their efficacy. What is lesser known is that they mostly use the basic tenets of massage, for efficacy. #v&spublishers

The World's Best Massage Techniques The Complete Illustrated Guide Victoria

Stone.2010-12-01 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.

Techniques for good pressure: Thinking differently Maxime Marois,MassoGuide.2021-09-21 How do you relax sore or tensed muscles? If you want to know how to massage sore areas, this guide is for you. This massage book, accessible to all, is full of information detailing each step to follow to massage sore areas and to offer good pressure. You will be able to: - Find which muscle is tensed. - Learn where to massage to relax it. Discover where to look to find other sore spots. Free your clients from those annoying pains with a therapeutic massage. - Use this guide for professional massage

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therapists to learn about massage theory and techniques that you can apply in your practice. Also, this guide will allow you to learn about why a muscle might be sore and what you may do about it by exploring: - Find out about different types of movements you can apply - How a therapeutic massage can work the deepest muscles fibers - Discover other tools, equipment, and massage supplies that you can use (massage gun, stretching exercises, foam rollers, and massage balls) Relax your clients and their muscles efficiently and safely with this book. Buy it now! Made for experienced massage therapists and beginners by a massage therapist!

Massage techniques to relieve muscle tension Maxime Marois,MassoGuide.2021-09-21 As a massage therapist, do you know where to massage to release sore muscles? This massage book, accessible to all, is full of information detailing each step to follow to massage sore areas and offer good pressure. You'll be able to: - Identify which area or muscle is sore. - Know where to massage. - Find where else you should be massaging! Free your clients from their muscle aches - Use this professional massage therapy theory and techniques book to help you help your clients Here's what you'll also learn: - Different types of movements and techniques - How to massage using good pressure - What tools are also available to you (massage gun, massage ball, stretching exercises, and foam rollers) Relax your massage clients efficiently and safely with the content of this massage book. Buy yours now! - Illustrations to help you find and target the right areas - Tips on using self-massage tools to relax the tensions - This book can help ne comers or experienced massage therapists Made by a massage therapist, it includes the same techniques he uses on his clients.

Body Massage for Holistic Therapists Francesca Gould.2004 This book has been written specifically for holistic therapy students and is invaluable for any major body massage course. It includes a full body massage routine, with each massage movement illustrated with clear, specially

commissioned step-by-step photographs. It covers advanced massage techniques such as neuromuscular massage, shiatsu, acupressure and deep tissue massage.

Modalities for Massage and Bodywork Elaine Stillerman.2009 Explore 21 of the top modalities in massage practice today with direction from leading experts in each modality.--Back cover.

Healthy Inspiration Caron Bosler.2006 Explains how to prepare for the session, create the right atmosphere, and select and blend oils, basic strokes, and advanced techniques for a more in-depth massage. Full-size photographs present complete routines for both soothing and stimulating massages that cover every inch of the body, and a quick guide at the end of each section summarizes the instructions in smaller pictures. Along with every stroke are facts about what effect it will have, from releasing tension to squeezing toxins out of the muscles.--From publisher description.

The Complete Illustrated Guide to Massage Stewart Mitchell.1999 An informative and practical guide to the therapeutic powers of massage.

Massage ball Maxime Marois,MassoGuide.2021-09-21 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: The complete 15-minute-a-day massage programme Jacqueline Young.2012-11-22 Self Massage is simple and effective self-care programme which can easily be incorporated into your daily routine.

In Good Hands Debra Ty, Ignatius Valentine Aloysius, Carole Osborne.2012 *In Good Hands: A Guide to Seeking and Receiving Massage* is written by an experienced massage therapist whose back problems led her to massage. Understanding and relief of her pain through massage inspired her to do the same for others. Since then Debra Ty has pursued a career giving and teaching massage in several arenas. She guides you, the newcomer or seasoned recipient through all phases of seeking and receiving massage, beginning with finding the best match for therapist and recipient, various types of massage; their benefits and cautions, the numerous environments in which massage is offered, how best to receive a massage by asking for what you need, how to give good feedback to assure your needs are met, relaxing into the support and trust of your therapist, post massage care, tipping, and how often to receive massage. Massage experiences and needs are as vast and variable as the body, mind, emotions, and soul; these experiences invite you to explore quiet and stillness, safety, trust, and intimacy. Massage can be used to relax and rid tension, or to be an active part of the process bringing awareness and understanding through massage—revelations of willing men and women who receive massage as a way to bring balance in their lives and find support for their stresses and ailments. Indeed, the insights you gain through massage need not stop in the massage room but can continue on as a lifestyle. May the words in this book guide you to peace within and peace in your world. Foreword by Carole Osborne

Easy Massage Fiona Harrold.2007-01-01 Provides a variety of simple massage routines to help one de-stress and relax.

The Science of Self Massage K. W. Williams.2017-04-04 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 Massage*. 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 learned massage? Then read this book and start learning self-massaging today.

Complete Massage Neal's Yard Remedies.2019-09-03 Want to really understand the health and wellness benefits of massage? Interested in practicing massage at home or considering taking a course? Let this be your guide on everything from effleurage to epineuria. Annotated anatomy and

physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, find out why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Familiarize yourself with the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Become an expert in the simple but profoundly effective power of touch and share its miraculous health benefits.

Massage Therapy Research Tiffany Field.2006-05-08 Written by the Director of the world-renowned Touch Research Institutes, this book examines the practical applications of important massage therapy research findings. Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression, pain management, movement problems, and functioning of the immune system. Coverage also includes the benefits of massage to specific populations such as pregnant women, neonates, infants, and adolescents. This book is suitable for massage therapists (including Shiatsu practitioners), aromatherapists, chiropractors, osteopaths, physical therapists, and nurses. Provides a thorough yet concise review of recent research related to the importance of touch. Offers practical guidance to healthcare professionals whose work involves physical contact

with patients. . Becomes a new book as new studies will be incorporated. . Research techniques, not previously included.

Massage for Busy People Dawn Groves.1999 Using clear instructions and photos, this book describes various types of self-massage techniques for de-stressing and relaxing. 30 photos.

Bad postures leading to muscle soreness Maxime Marois,MassoGuide.2021-09-21 Do you think that some of your muscle pain could be from your bad postures? Discover how your daily life and work ergonomic postures can bring you muscle soreness and pain. This ergonomic book on bad postures can help anyone. It's filled with beautiful illustrations detailing each posture (good and bad) and what muscle pain it creates. You'll be able to: - Identify which area is sore or tensed. - Link it to a posture that might cause it. - Figure out what posture you should take instead Free your muscle from its tensions - Includes advice on work ergonomic and daily life ergonomic postures - Correct your bad habits - Learn how to be ergonomic while working - Correct your bad work postures and adopt ergonomic postures instead at home and work. - Ergonomic for your desk whilst working remotely Help your body and muscles by correcting the postures that create most of the daily pains massage clients report! Buy it now! - Illustrations to help you find the problematic areas - Advice on how to help them Realized by a massage therapist with the same ergonomic advice he offers to his clients.

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Massage Neurosensoriel Introduction

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