



Thai Step-By-Step Massage: The perfect introduction to using massage, yoga and accupressure to balance the body's natural energies, with easy-to-follow techniques shown in 400 photographs

Nicky Smith

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This powerful form of body work uses the body's own energy lines, combining gentle yoga stretches with massage techniques and also introducing elements of other popular healing approaches, including accupressure and reflexology. With over 400 specially taken photographs, this is the perfect guide to the subject, providing absorbing background information and clearly illustrated step-by-step routines.

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