



Thai Massage: A Traditional Medical Technique (Paperback)

By Richard Gold

Elsevier - Health Sciences Division, United States, 2006. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This practical and highly illustrated introduction to the principles and techniques of Thai massage discusses the theories of Thai medicine and its Chinese and Ayurvedic influences. It offers clear and easy-to-follow descriptions for all Thai massage techniques accompanied by full color photographs and drawings, with arrows to indicate direction of movement. Basic explanations describe how massage therapists can use elements of these techniques and apply them immediately in their own practice. The book includes a DVD with 45 minutes of video showing techniques and routines in real time, to demonstrate appropriate pacing. Gives clear and easy-to-follow descriptions for each technique. Techniques can be used alone, in conjunction with other forms of massage, or to facilitate Yoga and other meditation practices. Clinically valuable and practical explanations of how to use elements of the procedures make it easy for therapists to enrich their practice with these techniques -- whether applying all of the methods, or starting with stretches alone. Features an icon throughout the text that calls attention to precautions therapists must be aware of for safe and effective sessions. Includes a 45-minute DVD presenting video of...



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