



## Personal Trainer: Hand Foot Massage (Paperback)

By Mary Atkinson

Carlton Books Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. Everyone can do it - and everyone can benefit. Simple, safe and highly effective, it's not surprising that hand and foot massage has now become one of the most popular ways of relieving tension and anxiety. It also has many health benefits including better blood circulation improved flexibility of joints and tendons. However, although there is evidence that the benefits of hand and foot massage have been enjoyed since ancient times, there is very little written specifically about the subject. This illustrated guide is the ideal introduction for anyone who wants to practise on themselves or friends and family. It is also a useful companion for health professionals wishing to give patients a caring touch. Personal Trainer: Hand and Foot Massage includes a general background to the subject, an explanation of the properties of the different creams and oils which can be used, a section on the main massage techniques, plus a photographically-illustrated step-by-step guide to massaging hands and feet.



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