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Papers

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Exercise for Older Adults: ACE's Guide for Fitness Professionals offers the essential information fitness professionals need to provide older adults with safe and effective fitness programming, from the physiology of aging to the techniques and tools for motivating and communicating with older adults. Personal trainers, activity directors, health educators and fitness facility managers are among those who

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will benefit from this valuable resource.

Valuable reference book. A gold-mine of research.

Here is the first authorized book on La Stone therapy written with the full cooperation of Mary Nelson, the creator of La Stone therapy under whom Jane herself was trained.

This revised edition of An Introductory Guide to Massage is an accessible reference for students studying towards qualifications in Body and Holistic massage and provides the underpinning knowledge and skills needed for successful massage treatments. The classical techniques that form the

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basis of most systems are thoroughly explained, and the student is introduced to the different types of massage commonly offered by complementary, spa and sports therapists. This practical reference also has detailed sections on preparing for treatments, consulting with clients and record keeping, together with an overview of other therapies that are compatible with massage.

The Foundations

The Complete Guide to Reflexology

Marguerite Maury's Guide to Aromatherapy

Exercise for Older Adults

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Romantic Massage

Step-by-step Massage Basics and Techniques from Around the World

Trager Mentastics

This new edition has been fully updated to cover new trends and includes the underpinning knowledge for the skills you will need in your practice as a beauty therapist.

Contains answers to 275 frequently-asked questions about skin care, providing information about skin biology, aging and photo-aging skin, acne and acne-prone skin, sensitivity, redness, allergy-prone skin, dry

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skin, sun care, dark spots and pigment problems, skin care products and ingredients, how to assess skin, and problems that need a doctor.

Body Massage for Holistic Therapists Nelson Thornes

This is a book about water, about our bodies in water and how, floating and stretching one another to our shared breathing pattern, we achieve new levels of peace and oneness. Many consider Watsu the most significant advance in bodywork in our times. While other forms are based on touch, Watsu creates a more profound connection through the holding and the deep connection with the breath that being in water

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facilitates. The trust established combines with the relaxing effects of warm water and Watsu's moves and stretches to create a modality of extraordinary depth that has both specific therapeutic results and healing on many levels. Besides having countless applications in therapy, it brings new depths of 'connection' into the lives of the many sharing its simpler moves with family and friends. This third edition completes the first 25-year evolution of what came into being when Harold Dull started floating people at Harbin Hot Springs in Northern California, applying the stretches of the Zen Shiatsu he had studied in Japan. It

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illustrates, step by step, the major positions and forms of Watsu. It introduces Watsuchanics (the body mechanics of Watsu) and other developments that help students learn Watsu. More than sixteen therapists and practitioners have added contributions detailing the use of Watsu with all ages and the growing number of conditions that Watsu is proving to alleviate in clinics and spas around the world. New chapters feature Watsu with children and a form of Watsu that can be used in home spa/hot tubs. Also illustrated step by step is a complete form of Tantsu which brings Watsu's nurturing power back onto land. More than a

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thousand images have gone into this book to give as clear an illustration as possible of the movements and forms of Watsu and Tantsu.

Spark Change

Aromatherapy and Complementary Therapies

Sole Trader

Answers [to] Anatomy and Physiology, Therapy

Basics, Second Edition

ACE's Guide for Fitness Professionals

Trager for Self-Healing

The White Paper sets out the

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Government's proposals to further reform the management of schools in England, with the aim of creating a system shaped by parental choice where schools have greater autonomy in admissions policy. Proposals include:

- i) the role of local education authorities confined to being a local commissioner of services rather than an education provider, with a focus on raising standards through spreading best practice and championing parental

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choice; ii) each school able to acquire a self-governing trust status (similar to the network of Academies) or become a self-governing foundation school; iii) an increased role for new providers and the creation of a national Schools Commissioner to drive change and to promote the development of trust schools; iv) an expansion in the number of Academies to 200 by the year 2010 and easier provision for independent schools to enter the state

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system; v) the weakest schools to be given one year to improve standards or face closure, whilst high performing schools will have reduced bureaucracy and a lighter touch inspection regime; vi) increased provision for free school transport for poorer pupils; and vii) the introduction of a right for teachers to discipline pupils.

This is the story of how an unwanted little Staffie puppy found his 'forever home'. Dodger's tale is based on a true

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story, and explains how he became Dodger Dog! Dodger Dog is loved and cared for, and this happy and friendly little dog sets out on a journey to promote responsible dog ownership following his early experience as a rescue pup. After Dodger is rescued, he decides to be the best little dog that he can be and, as a result, makes lots of new friends and begins to have the most amazing adventures! Dodger loves to help others and is always trying to

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discover new ways to protect his environment and promote love and kindness. This is the first in a series of stories aimed at entertaining and educating children. All of Dodger's stories will teach your child valuable lessons about life and promote responsible dog ownership and respect for the environment. With every Dodger Dog book that is purchased, you are supporting Dog Charities in the UK and across the world. Dodger's dream is to

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ensure that one day, every dog will be able to have a loving 'forever home'.
Written in a clear, no-nonsense style, this is the ideal textbook for students of reflexology up to levels 2 and 3. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major awarding bodies. Its benefits include: ? meets the current National Occupational

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Standards for reflexology;? meets the standards required by all the main awarding bodies; ? suitable for levels 2 and 3;? outlines each body system, explaining how, when, and why to work the reflexes; ? includes chapters on hand reflexology and meridian therapy; ? comprehensive pathology of all body systems; ? detailed and accurate anatomical drawings; ? revision and multiple choice questions for each chapter; ? study outline at the end of

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each chapter; ? case studies; ? covers current theories and philosophies; ? explores other complementary therapies. This book is the perfect complement to Ruth Hull's companion text, The Complete Guide to Reflexology Workbook, which guides students through a series of self-revision notes, exercises and mock exam papers all designed to encourage revision, understanding and confidence in practising reflexology.

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Find Enlightenment Through Your Physical Body Audrey Mairi views enlightenment not as a philosophical puzzle to solve or a spiritual epiphany but instead as an everyday experience grounded in ordinary physical movements. Designed for all ages and fitness levels, Trager for Self-Healing presents simple ways to increase awareness of the present moment. While many books offer advice about being in the now, few point out practical ways

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to experience what that actually feels like. The exercises in this book are designed to anchor the feeling of presence in the body/mind. Based on the work of Dr. Milton Trager, this book will guide you to release holding patterns, open to the Life Force, and make healthy choices, bringing love and light into your life.

How I Became Dodger Dog
Theory and Technique
Beauty Therapy

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Connecting the Gait Cycle to Pain and Dysfunction

A Career in Massage Therapy

An Introductory Guide to Massage

Body Massage for Holistic Therapists

Indian Head Massage covers the fundamentals of the subject, from anatomy and physiology to health and safety, massage routines and marketing techniques. The new edition contains new information on Ayurveda and hair oils and covers the specifications for all major

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examining boards including the VTCT and ITEC diplomas as well as the Indian head masage units for Beauty Therapy NVQ 2 and 3. Full of step-by-step photographs, FAQs and definitions, and including a free CD-ROM with interactive revision activities, this is an essential text for all students of Indian head massage.

Milton Trager first gained local fame as a muscular beach acrobat, boxer, and dancer in Miami, but as this biography reveals, the course of his life changed dramatically when he discovered a gift for healing. This work is

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the story of Milton Trager and Trager Mentastics. It describes Milton Trager's successes in rehabilitating hopeless cases of polio, multiple sclerosis, osteoarthritis, and more, and his founding of an institute that has brought benefit to thousands.

Mo Rosser's well-loved text has now been fully updated to reflect the new standards in Beauty Therapy for 2010. The book places massage in the context of the workplace and provides a comprehensive introduction for students on Diplomas in Complementary Therapies, NVQ/SVQ Diploma in Beauty

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Therapy at Level 3 and short courses at Level 3 from City and Guilds, VTCT and ITEC. It is also an invaluable reference for practising beauty therapists. Additional information on advanced massage techniques is included for those who want to progress further.

Written in a clear, no-nonsense style, this is the ideal textbook for students of complementary therapy up to Levels 2 and 3, nursing, physical therapy, or those studying any course requiring a detailed knowledge of anatomy, physiology and pathology.

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Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major international awarding bodies and incorporates many unique features not found in other texts. This updated and expanded edition complements Ruth Hull's companion text, Anatomy, Physiology and Pathology Colouring and Workbook for Therapists and Healthcare Professionals, and: meets the standards required by all the main professional bodies for massage,

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aromatherapy, and reflexology contains updated graphics and tables throughout to bring the book right up-to-date for today's student interspersed throughout with 'study tips', 'in the classroom', '...in a nutshell', 'did you know?' and 'infoboxes' features comprehensive muscle tables of origin, insertion, innervation, action contains basic pathology of significant diseases and disorders has a study outline, revision and multiple choice questions for each chapter. Endorsed and reviewed by awarding bodies and professional associations and

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adopted by colleges worldwide.

Watsu

The Skin Care Answer Book

The Secret of Life and Youth

The Foot Reading Coach

Body Massage

Use Your Inner Mind to Create the Life

You've Always Wanted

Beauty Therapy Fact File

First written in 1998 as teh first book on soft tissue release. It has since gone on to sell many 1000s of copies, and has been isntrumental in making soft tissue release a vital tool int

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he therapist's range of techniques that can be offered to clients. The book has been updated and is published in colour for the first time, including new photography and drawings to illustrate the theory and techniques involved. Learn the healing power of touch with a new, up-to-date reference from The Complete Guide to Modern Massage. Massage is a natural method to relieve pain and reduce stress--and anyone can learn how to do it. The Complete Guide to Modern Massage offers an updated reference to learn popular techniques and feel the physical and emotional benefits of massage. From classic styles such as Swedish or Shiatsu to new favorites like Ayurvedic and

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Thai, this massage guide offers illustrated, step-by-step instruction to master techniques from around the world. Complete with massage practices for pain relief, you'll learn how to heal your family, friends, partners, and even yourself of common ailments with your own two hands. The Complete Guide to Modern Massage includes: An introduction to massage that outlines the history and basic principles of massage and how they relate to modern practice. World-famous massage techniques that include Deep Tissue, Reflexology, Tui Na, Cranialsacral, Reiki, and more! Restorative applications for healing common ailments including headaches, neck pain, PMS, lower back pain, and

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more. Easy-to-follow guidance with illustrations, and simple step-by-step directions to master every technique. Give and receive rejuvenating massages with world-famous techniques and step-by-step instructions from The Complete Guide to Modern Massage.

Number ONE Bestseller written by Celebrity Fashion Presenter Deborah Jay Kelly Beauty and Diversity comes in all shapes and sizes. This book celebrates Topical issues such as Racial Integration, Acceptance, Unity and Integration. It addresses life during COVID and how we have adapted to it. Deborah Jay Kelly brings you a cacophony of exquisite photography with the leading photographic gurus in their

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fields of expertise along with real life diaries from some of the models included in this book, red carpet interviews with delving questions addressed and a symphony of quotes which celebrate our cultural diversity, unity, integration and life during the COVID pandemic. Every person has beauty within them. This is the time to reflect that in a book series bringing together Models, Presenters, Actors, Ambassadors and Entrepreneurs. A group of talented people of all colour, creed and age, showing that beauty comes at any age, any colour and all shapes and sizes. This book honours the power of women and men who stand up in unity and marks the significant changes that the whole of humankind have

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*grown accustomed to. This is the year of change 2021
Welcome to the Model Diaries UK Deborah Jay Kelly is a familiar face to the Stage and Screen with a career spanning 30 years where she started as a leading Journalist in the Media World. Now an Actress, Fashion Presenter, Red Carpet Host, Mature Model, Choreographer, CEO of The AATT and Founder of the advanced stem cell skincare range 'Celebrity Red Carpet Skincare' Her relentless passion to bring integration in Cultural Diversity has led her to have received 78 awards of recognition and distinction. A current Ambassador, she is a Well-known contributor to 15 Minority Charities. She is the Current Title holder of Ms*

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Classic WOW Beauty Pageant making the all important statement that 'age should never be a limitation'

CONCLUSION I would like to Thank everyone who participated in this book. It was tough co-ordinating it all to fit in with the COVID restrictions. A special Thank you also to my Publisher who made my dream become a reality. The Book launch (COVID dependent will be a Cultural Extravaganza of Fashion, Entertainment, live interviews and above all Charity. Watch out for the next book in this series where I will again bring our Cultures together, address the topical issues of our present day and continue to spread the powerful message that is 'Our hearts ALL beat as one'

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www.themodeldiaries.co.uk

Activate the raw power of your subconscious to create the life you've always wanted, using six essential lessons from one of the world's most renowned hypnotherapists in this "nourishing and healing book" (Michael Bernard Beckwith, author of Spiritual Liberation). Unsatisfying careers. Volatile, unhealthy relationships. Unfulfilled dreams. Too many of us are living lives that fall short of what we truly desire. But as celebrity hypnotist Kimberly Friedmutter explains in this life-changing book, not only is it possible to design the life of your dreams, but the power to do so already lies within you, in your subconscious mind. The

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subconscious is the root of your true power and desire; it's your inner child, your authentic self. It is the honest compass that will lead you to a life of happiness, so long as you are able to follow its direction. We all have the power to access it but as we grow up we're taught to stop daydreaming and to follow society's rules, which makes us disconnect from our subconscious, often with tragic results. In Subconscious Power, Kimberly guides you through six principles that bring your conscious mind in line with your subconscious desires. She shares practical, three-minute exercises that will help you transform your relationships, find true love, lose weight after years of struggling with the scale, overcome

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addictions, and achieve new career successes and heights. Featuring inspiring success stories and the practical tools you need to make meaningful change, Subconscious Power gives “you a pathway to achieve your goals and dreams in an effective and easily understandable manner. This book will improve your life in ways you never thought of” (David Zelon, producer of Soul Surfer).

Indian Head Massage

Anatomy and Physiology for Holistic Therapists

A Simple Route to Relaxation and Releasing Tension

Press Here! Massage for Beginners

The Theory and Practice of Massage

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*Deepen Your Relationship with the Healing Power of Touch
LaStone Therapy*

Romantic Massage gives detailed massage routines, complete with 179 full colour photographs and diagrams, specifically for couples who wish to improve their relationship, as well as their health. Guidance is given as to which oils to use, what strokes to use and their benefits, and how massage can improve muscle and skin tone.

The best selling book for holistic therapists by Francesca Gould has now been updated and revised with a new full color design. It makes learning fun through enjoyable activities such as crossword puzzles. It is a basic level text

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describing anatomy and physiology in the simplest terms for those wanting to learn the basics in a holistics or beauty therapy context.

In The Vital Glutes, author and respected bodywork specialist John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. He takes readers on a fascinating journey of enlightenment, teaching us to recognize pain and dysfunctional patterns that arise from the gluteal muscles. Gibbons addresses such questions as: Why do the gluteals potentially cause pain and dysfunction in distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal-specific Muscle Energy Techniques aid

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full-body well-being? In addition, he provides step-by-step techniques to identify and correct a number of impaired patterns as well as functional gluteal exercises that promote recovery. With full color photographs and illustrations, the book demonstrates how to perform functional assessment testing for the muscles of posture that can become chronically tight—a principal causative factor in dysfunctional glutes. Therapeutic techniques, including gluteal exercises, show how to correct dysfunction and reduce pain. This book will be of great value to physical therapists, athletes, and anyone interested in bodywork.

Table of Contents

- 1. Putting the Maximus Back into Gluteus Maximus*
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The Glutes and the Gait Cycle 4. Leg length discrepancy (LLD), Over-Pronation and its effect on the Glutes 5. Functional Anatomy of the Gluteus Maximus (Gmax) 6. Functional Anatomy of the Gluteus Medius (Gmed) 7. Muscle Energy Techniques 8. The Antagonistic Cause - the Vital Psoas, Rectus Femoris and Adductors 9. Gmax and Gmed Causing Knee and Ankle Pain 10. Gmax and Gmed Causing Lumbar Spine Pain 11. Differential Diagnosis of Weakness Inhibition of the Glutes 12. Gmax and Gmed Control Exercises

In Oncology Massage - an integrative approach to cancer care the authors have created a textbook which will provide both experienced and inexperienced therapists with a

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resource to expand their knowledge and understanding of working with people with cancer. Cancer occurrence and survivorship are now so common that every massage therapist will at some time work with clients who have been through cancer treatment. The short and long-term effects of biomedical cancer treatment require massage therapy adaptations to pressure, site, position and duration to provide safe and effective treatments. Informed massage therapists can support the body to promote overall wellness as well as identify the underlying secondary effects of cancer treatment that contribute to physical dysfunction. Oncology Massage: An Integrative Approach to Cancer Care provides massage therapists with essential information for: Treatment planning

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based on the physiology of cancer and cancer treatments
Critical, thoughtful treatment decision making
Consideration of the psychosocial effects of cancer
Enhancing therapist self-awareness and building a therapeutic relationship. The information is presented in a clear and simple format with plentiful use of illustrations and information boxes which allows it to be used both as a learning tool for those new to the field of oncology massage and as a resource for quick referral when working with new patients. The techniques of massage therapy change very little; it is the knowledge and understanding of their use that distinguishes a massage therapist. Oncology Massage is unusual in that it includes contributions not only from a

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range of experienced practitioners but also from people with cancer who have received massage during and after cancer treatment. This feedback from clients provides an invaluable addition to the understanding of how massage can be used as a safe and effective part of cancer care.

The Holistic Therapy Business Handbook

The Complete Guide to Modern Massage

Movement As a Way to Agelessness

The Vital Glutes

More Choice for Parents and Pupils

The Life and Work of Milton Trager, M.D.

A Practical Handbook for Physical Therapists

For readers of any age who seek greater flexibility,

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coordination, and balance, as well as freedom, pleasure, and lightness of being its pioneering author calls "agelessness", here is the paperback edition. Photos. Beauty Therapy - The Foundations, is the official guide to NVQ Level 2, published by Thomson Learning for HABIA. The second edition of this market-leading beauty therapy text has now been fully revised to bring it up-to-date with the revised NVQ Level 2 syllabus. As such, it remains the essential 'must-have' text for all students working towards a professional beauty therapy qualification. This second edition tackles each Level 2 unit chapter by chapter enabling students to gain the knowledge and skills required to achieve unit competence. Beauty Therapy - The Foundations also shares practical

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professional experience with the reader whilst guest authors have also shared their expertise to enrich the quality of the book further.

Relieve pain, alleviate tension, increase relaxation, and recover and prepare for physical activities. Fun, modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool. Massage therapy is a great way to connect and engage with your loved ones, applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment. With this guide, learn how to give a deeply enjoyable therapeutic massage to family members, friends, or oneself. Beautifully illustrated and

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designed and with easy-to-follow instructions, *Massage for Beginners* is the perfect guide for learning the fundamentals of giving a really great massage. The *Press Here!* series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other *Press Here!* topics include reiki, reflexology, and acupuncture.

This text introduces the art of Champissage and takes the reader through a clear, illustrated, step-by-step guide to the essential head massage techniques for simple relaxation.

Massage in Essence

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The Amazing New Form of Healing Bodywork that Will Transform Your Health

Oncology Massage

The Foot Reading Guide

Freeing the Body in Water

Let's Read Our Feet!

Understanding the Global Spa Industry

The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales. Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global spa management, covering everything from the

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beginnings of the industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry. Understanding the Global Spa Industry brings an analytic lens to the spa movement, examining past, current and future trends and the potential for shaping wellness and health services in the 21st century.

Designed to inspire and to motivate, Massage in Essence provides students with a beautifully illustrated, easy to follow introduction to the art of massage. The book concentrates on practical application with step-by-step photographs of numerous massage routines. It enthuses students and encourages further study by

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including fascinating information on taking years off your face with massage and the treatment of common ailments as well as detailed information on further study and howto develop your interest further. Written in an accessible style with numerous FAQs, case studies and summaries, Massage in Essence is the perfect introduction for students on short courses, professional therapists topping up their skills, NVQ Level 3 Beauty Therapy students and anyone considering a career in massage.

The Couple's Massage Handbook takes readers from stumbling beginners to passionate pros in no time! This step-by-step guide covers the best tools, oils, music, and locations for giving a massage, including a sequence readers can use to stay focused. Attain greater self-awareness and orient toward your highest potential through a process of engaged, incisive questioning. It's

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been said that finding the right question is as important as finding its answer. As author Jennie Lee writes, “Quality questions lead to quality answers. Questions promote deeper thought, connection, authenticity, and humility.” In Spark Change, Lee shows you how to identify your most important personal questions and explore how they might redefine the trajectory of your life. Here, Lee guides you through 108 inspiring prompts designed to deepen your awareness of your innermost needs and initiate powerful shifts throughout your life. Whether it’s examining the attitudes that hold you back or investigating where you truly want to go in life, these guided inquiries are meant to cultivate gratitude for your gifts, peace with the present moment, and resilience in the face of life’s challenges. For the last two decades, Lee has used conscious inquiry practices to encourage self-reflection in her yoga therapy

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practice. Inspired by the source teachings of classical yoga as well as Lee's own inner journey, these prompts delve into some of the most enduring questions of psychology, self-improvement, and the spiritual path. With Lee's piercing insight and constant guidance, Spark Change provides 108 prime opportunities to stop, ponder, and listen to the call of your most essential self.

Healthcare Specialty

Soft Tissue Release

Couple's Massage Handbook

A Step by Step Guide for Lovers of All Ages

Subconscious Power

108 Provocative Questions for Spiritual Evolution

Higher Standards, Better Schools for All

This book has been written specifically for holistic

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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.

Fully updated and revised Orthopedic Massage has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions.

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Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients.

Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is

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concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for

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each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol

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Considerations'.

This updated text provides answers to all the question in the second edition of Anatomy and Physiology: Therapy Basics.

Moving Medicine

Anatomy, Physiology and Pathology for Therapists and Healthcare Professionals

Orthopedic Massage E-Book

A Practical guide for Living in the Present Moment

MODEL DIARIES UK