



## The Massage Deck: 50 Soothing Massage Techniques

*Katy Dreyfuss*

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This deck features 50 easy-to-follow, artfully illustrated techniques for giving and receiving the perfect massage. Coded by body region, these portable cards include detailed instructions, tips for when to use aromatic oils and lotions, and suggested sequences for ten- and twenty-minute massages. Learn how to soothe away stress and tension, relieve headaches and muscle pain, and share the language of touch with *The Massage Deck*.

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