

A Complete Guide to Massage: How to Use Massage Techniques to Ease Discomfort, and enhance Physical and Mental Wellbeing

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Abstrak

Massage is probably the oldest form of physical therapy known to man. Most cultures in the world have developed some form of massage technique to help relieve pain. As well as helping ease discomfort, massage is very enjoyable - most of us like to be touched, and being massaged enhances our mental and spiritual wellbeing, as well as the physical.