



Robert Phipps - Body Language Expert, Author, Speaker and Trainer

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Art of Massage 3 DVD Set

£17.01

"The Art of Massage".

The whole series of DVDs is an easy to follow "Step by Step" approach with each sequence explained and demonstrated in full. In this brand new DVD by acclaimed massage instructor Daniela Vannuchi, you will be taken on a journey into the art of massage and learn for yourself a completely new way of dealing with friends, family, clients, where practically anyone can feel the benefits. A resource you can turn to again and again as you learn the

FACIAL MASSAGE is a becoming more and more popular in both beauty and relaxation clinics, helping maintain healthy younger looking skin. Also used in the treatment of migraine and headaches and sinus congestion.

FULL BODY MASSAGE learn how to massage specific areas of the body, chest, abdominal, legs, buttocks, back and neck. The Tools For Effective Massage - How To Set The Mood Right - Music - Oils - Towels - Fragrances - Surface etc. Did you know that: Massage relaxes you and relieves stress, can ease tension, stiffness and pain, can decrease anxiety and depression and can improve breathing and circulation Massage can enhance health & well being and Much More

INDIAN HEAD MASSAGE is fantastic way of relieving everyday stresses, strains and headaches simply and effectively without the need for pills.

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