

Indian Head Massage, 2007, 282 pages, Helen McGuinness, 0340946040, 9780340946046, Hodder Arnold Publishers, 2007

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 examining boards including the VTCT and ITEC diplomas as well as the Indian head massage 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.

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Theory and Practice of Therapeutic Massage , Mark F. Beck, 2001, Medical, . Delmar's Theory and Practice of Therapeutic Massage CD-ROM is a student product that enhances classroom learning with interactive content mirroring Milady's Theory and Practice.

Quick and Easy Massage 5-Minute Routines for Anyone, Anytime, Anywhere, Beata Aleksandrowicz, 2009, Health & Fitness, 123 pages. Follow the illustrated step-by-step instructions to massage yourself, your partner, or your child, even if you've never massaged before.....

Professional Hairdressing The Official Guide to Level 3, Martin Green, Leo Palladino, Sep 1, 2003, Health & Fitness, 324 pages. Part of the Hair And Beauty Therapy Industry Authority (HABIA), City & Guilds/Thomson Learning Series "Keeping abreast of latest fashions and new techniques is only part of the.

The Easy Massage Workbook The Complete Massage Class in a Book, Clare Harris, Mar 28, 2006, Health & Fitness, 144 pages. Learning how to give a massage has never been easier! With the help of a 60-minute CD, plus this comprehensive workbook, it's™ simple to master a variety of basic techniques.

Indian Head Massage Simple Routines for Home, Work and Travel, Eilean Bentley, 2007, Health & Fitness, 144 pages. Indian head massage is part of the traditional Ayurvedic system that brings calm, healing and bonding through touch. Just a few minutes will relax and refresh you, no matter.

Teach Yourself Indian Head Massage , Denise Whichello Brown, 2003, Health & Fitness, 192 pages. Indian head massage has become increasingly popular as an accessible therapy--it is easy to perform on oneself and others, requires no special equipment, and is quick to.

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The Art of Indian Head Massage Health and Beauty at Your Fingertips, Mary Atkinson, Jan 1, 2007, Health & Fitness, 128 pages. Indian head massage--also known as champissage--is the latest holistic therapy to attract attention. At present, this is one of the first books on this safe and effective.

Indian Head Massage A Practical Approach, Amarjeet S. Bhamra, 2006, Health & Fitness, 258 pages. Indian Head Massage: A Practical Approach contains in-depth detail about ayurveda, which is the underpinning knowledge required for the holistic approach. This essential.

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