



Stressbusting Book of Yoga, Massage Aromatherapy (Paperback)

By Carole McGilvery, Jimi Reed, John Hudson

Anness Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. This is a step-by-step guide to spiritual and physical well-being, shown in more than 300 stunning photographs. It includes self massage, baby massage, massage for sports and sensual massage. It features wonderful fragrances to revitalize or relax the body and to uplift the spirits. It shows how to alleviate common ailments. It shows how to improve poor posture using the Alexander technique to enhance health and well-being. Using the potent powers of essential oils in massage, baths and other treatments, this book illustrates how the scented essences of natural plant oils can be used to treat common ailments, lift the spirits, aid relaxation and promote physical and emotional well-being. A section on yoga introduces the disciplines of the Alexander technique, t ai chi and stretches. This section illustrates accessible exercises for better posture, co-ordination and greater flexibility. While instruction on massage tones the body, stimulates the circulation and releases tension and discomfort. Discover the relaxing and restorative power of touch with easy-to-follow photographs to teach you massage techniques.

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