



# Head, Neck & Shoulders Massage: A Step-by-Step Guide

*Eilean Bentley*

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# Head, Neck & Shoulders Massage: A Step-by-Step Guide

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## **Head, Neck & Shoulders Massage: A Step-by-Step Guide** Eilean Bentley

The first book ever to bring Indian and Western techniques to head, neck and shoulder massage.

Eilean Bentley's detailed program of massage for the shoulders, neck and head is a unique combination of therapies for the mind and body that relaxes, detoxifies, heals and revitalizes. Drawn from the traditions of Indian head massage, shiatsu, acupuncture and reiki, Bentley's massages are both sophisticated and easy to use. Meditation and creative visualization guide and focus healing, and black & white or color photos detailing each step make this the perfect book for experienced and new massage enthusiasts alike.

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