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THE EASY MASSAGE WORKBOOK: A COMPLETE MASSAGE CLASS IN A BOOK



Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Easy Massage Workbook: A Complete Massage Class in a Book, Clare Harris, This book brings all the benefits of a personal massage class into the home. An introduction to the principles and health-giving effects of massage is followed by detailed, step-bystep instructions on techniques and basic strokes. Featuring carefully paced massage routines, "The Easy Massage Workbook" provides the reader with expert guidance to help them practise and perfect their massage skills....

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- Authored by Clare Harris
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