



The World's Best Massage Techniques The Complete Illustrated Guide: Innovative Bodywork Practices From Around the Globe for Pleasure, Relaxation, and Pain Relief

By Victoria Stone

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Massage is one of the oldest healing modalities in the world and even modern science is proving its incredible power to soothe anxiety, boost immunity, and alleviate pain. *The World's Best Massage Techniques* presents the most effective massage and bodywork techniques from around the world—many of which have been used for thousands of years—to soothe stress and tension, alleviate discomfort, and give pleasure. This beautiful hands-on guide teaches you how to skillfully apply a wide variety of massage and bodywork techniques from other cultures for relaxation, stress relief, and wellness.

- Swedish Massage: Kneading strokes lengthen tense muscles
- Hot Stone Massage: Heated, flowing movements penetrate tight knots
- Thai Yoga Massage: Assisted stretches bring the body into alignment
- Reflexology: Focused pressure activates energy meridians
- Lomi Lomi: Sensuous strokes calm the body and mind
- Tantsu: Close, body-to-body contact creates intimacy
- Polarity: Gentle rocking movements loosen muscles and joints
- Shiatsu: Small compressions reduce pain and aid injury recovery

Color photography and step-by-step layout make techniques understandable and immediately applicable. With *The World's Best Massage Techniques* you can use

the world's most exciting bodywork techniques in your own home.

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Editorial Review

About the Author

Victoria Jordan Stone, CMT, has been in private massage practice for nearly two decades. Her specialties include various forms of clinical massage including Swedish, deep tissue massage, trigger point therapy, pregnancy massage, myofascial release, cranio-sacral therapy, Thai massage, Lomi Lomi, and Watsu aquatic bodywork. She is a Yoga Alliance registered yoga instructor, and a birth doula. She has taught professional massage therapy classes since 1996, becoming a partner in Blue Ridge School of Massage and Yoga in 2000, where she continues as academic director and one of the primary instructors.

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