



Massage Therapy: Health Secrets: Ultimate Energy: 3 Books in 1: The Best Ways to Massage, Live Healthy Increase Your Energy Levels (Paperback)

By Ace Mccloud

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.3 Books in 1! Incredible Massage Techniques, Ultimate Health Secrets World's Best Energy Boosting Strategies! This book covers an incredible variety of strategies, techniques, and life style choices that you can utilize to get more energy, feel more relaxed, and be supremely healthy! Life is so much better when you can massage away your aches and pains, when you know what to do to be full of energy and when you can walk through life a powerfully healthy human being! Here Is A Preview Of What You ll Discover About Massage. All the Benefits of Massage, Trigger Point, and Acupressure TherapyA Step By Step Guide To Treat Each Major Area Of The BodyThe Locations of Critical Trigger and Acupressure PointsThe Best Products For An Enhanced And Enjoyable ExperienceAromatherapy and Essential OilsLearn How To Give Yourself Or Others A Top Of The Line Massage From Home Putting It All Together For Long Term Health and HappinessMuch, much more! Here Is A Preview Of What You ll Discover About Health. The Best Foods To Eat For...



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-- Dr. Retta Medhurst I