



## Healing Massage: Flash

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By Denise Whichello Brown

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Healing Massage: Flash, Denise Whichello Brown, The books in this bite-sized new series contain no complicated techniques or tricky materials, making them ideal for the busy, the time-pressured or the merely curious. Even if you are completely new to massage, in just 96 pages you will discover how to master the essential movements and release tension, heal pain and soothe anxiety, helping you to share the benefits of healing touch in the quickest time possible. EXPLORE THE HEALING POWER OF TOUCH RELIEVE STRAIN AND FATIGUE SOOTHE TENSION RELAX THE BODY DISCOVER COMPLETE WELL BEING.



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