



## Step-By-Step Head Message

By Eileen Bentley

Motilal Banarsi Dass Publishers Pvt. Ltd., New Delhi, India, 2001.  
Softcover. Book Condition: New. The massage for the head, neck and shoulders is a unique integration of mind-body therapies. Traditional Indian head massage combines with the healing powers of shiatsu, acupressure and reiki. Meditation and creative visualisation techniques guide and focus healing. The book offers: \* a simple self-care routine \* a complete massage programme \* a guide to meditation techniques \* treatments for common ailments \* Clothed massage, anywhere, anytime.



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