



Quick-fix Massage

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Quick-fix Massage

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Here is a massage book that shows you how to relieve neck, shoulder and back pain quickly and without fuss, so that you can get on with your day. Poor posture, pressure at work or at home, and emotional stress, can all contribute to tense muscles and resulting aches and pains. We ignore such symptoms at our peril for they can soon lead to chronic conditions. But if we have no time for lengthy massage routines during the day, what can we do? In Quick-fix Massage Nitya Lacroix teaches you fast and effective step-by-step techniques that you can use on yourself, or with the help of a colleague, at a moment's notice during the day. She also offers a morning-to-night care routine of self-help exercises and awareness techniques to help you dispel tension before it develops into pain. And, there is a detailed description of a full head, neck and face massage for when you finally get home, plus advice on how to relax totally.

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