



Quick-Fix Massage: Simple Ways to Relieve Head, Neck & Shoulder Tension

Nitya Lacroix

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Relieve tension and ease away aches and pains in your head, neck, and shoulders--anywhere and at any time--with simple, effective massage techniques. From a speedy self-massage at your desk to a full relaxing and pampering treatment to enjoy at home with a partner or friend, this detailed guide offers descriptions and stroke-by-stroke instructions for a range of programs. Incorporate a brief self-massage into your morning routine to increase your energy levels and alertness. Take a break at work or while traveling to relieve strain. Alleviate such common problems as headaches, eyestrain, stiff neck, and anxiety. Drawn from both Western and Eastern schools of massage, the techniques include strokes from Swedish, Californian, Indian, and Thai massage, Japanese pressure points, passive movements and joint release, and practices from various healing traditions. Tips and advice are included to help prevent stress and body strain before they develop into problems.

About the Author

Nitya Lacroix is a bestselling author of books on massage, relaxation, and sexuality. A former journalist, she trained in the complementary healing arts in India. Internationally renowned for her teaching workshops in massage therapy, she also established the School of Holistic Massage in London.

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