



**The Complete Book of Massage and
Aromatherapy: A practical illustrated step-by-step
guide to achieving relaxation and well-being with
top-to-toe body treatments and essential oils**

Catherine Stuart

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This is a practical illustrated step-by-step guide to achieving relaxation and well-being with top-to-toe body treatments and essential oils. This is a comprehensive practical guide to head, face, body and foot massage and aromatherapy treatments, for health and harmony. Over 150 techniques introduce the massage strokes and essential oil applications for quick-fix daily remedies and slow, therapeutic relaxation treatments, fully illustrated in more than 1500 photographs.

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