

The Complete Body Massage Course

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The Official Guide to Body Massage
Top 50 Best Things to do in Chiang Mai, Thailand
Yoga Journal
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The Mirror
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The National Guide to Educational Credit for Training Programs
Cornell University Courses of Study
Thailand's Luxury Spas
Thai Spa Book
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what s the best massage for you do you just want a quick relaxing massage or do you have a specific condition and need to know which massage therapy will heal it most effectively whatever you re looking for the complete body massage course is sure to have it the book features massage treatments to promote general wellbeing and help a wide range of everyday ailments and conditions the first part of the book details the basics what to wear how to set up your work space and oils and lubricants this is followed by the main part of the book where you will find detailed instructions of 15 of the most popular massage therapies including swedish thai shiatsu and indian head massage each one has a full introduction giving the history and the benefits of the therapy and then there are step by step colour photographs enabling the beginner to learn the principles each one for those who wish to learn more and investigate further the third part offers a range of other therapies in more concise detail the book ends with a fully cross referenced

symptoms index so readers who wish to try a massage that is ideal for a specific condition or ailment can find the right massage with the minimum of fuss the complete body massage course is the ideal resource book for all those interested in being introduced to the massage techniques available to improve their mental and physical wellbeing

the official guide to body massage offers an informative and comprehensive look at body massage it is an essential guide and a must have reference tool for those studying relevant massage courses covering all aspects of body massage anatomy and physiology and aromatherapy massage the text is ideal for students studying nvq svq in beauty therapy at level 3 it is also suitable for those undertaking itec vtct city and guilds specialist awards and edexcel courses in massage or massage related areas within complementary therapies massage has become increasingly popular and represents one of the fastest growing holistic therapies adele o'keefe provides the reader with a basic introduction to massage techniques equipping students with the essential skills that are needed to practice effective massage

this carefully curated list of 50 unique things to do in Chiang Mai Thailand encapsulates the essence of this captivating city from historical landmarks to adrenaline pumping adventures cultural experiences and artistic treasures Chiang Mai offers an unparalleled array of activities that cater to every traveler's interests begin your journey by immersing yourself in the rich history of the old city where ancient temples and architectural wonders await marvel at the golden splendor of Wat Phra That Doi Suthep perched atop a mountain offering panoramic views of the surrounding landscape delve into the hidden gems of Wat Umong and Wat Suan Dok where tranquility and serenity embrace you explore museums like Lanna Folklife Museum and Chiang Mai City Arts and Cultural Center which provide a deeper understanding of the local culture and traditions for those seeking adventure Chiang Mai doesn't disappoint zip lining through the lush rainforests rock climbing at Crazy Horse Buttress or taking a hot air balloon ride over the picturesque countryside are just a few of the thrilling options available nature lovers can venture into Doi Inthanon National Park where misty mountains cascading waterfalls and diverse flora and fauna await discovery interacting with rescued elephants at the Elephant Nature Park offers a truly heartwarming and ethical wildlife encounter Chiang Mai is also a haven for art and creativity visit the artist village of Baan Kang Wat and explore its unique crafts and workshops immerse yourself in the contemporary art scene at the Chiang Mai University Art Museum and Art Bridge Chiang Mai discover the traditional art forms of Thai dance and puppetry or even learn the ancient techniques of Thai cooking and massage through immersive classes in Chiang Mai every corner reveals something new and exciting whether

you're exploring the bustling night bazaar indulging in a traditional khantoke dinner with a cultural show or simply taking a leisurely boat ride on the Mae Ping River the city offers an abundance of experiences to enchant and delight with its blend of history adventure culture and art Chiang Mai beckons you to embark on an unforgettable journey filled with captivating moments and cherished memories

For more than 30 years Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives with every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in-depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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highlights over 6 000 educational programs offered by business labor unions schools training suppliers professional and voluntary associations and government agencies

Everyone needs a break to relax and rejuvenate and a visit to a Thai spa is the perfect way to do this Thailand is home to many of the best spas and spa treatments in the world and Thailand's luxury spas presents the very best options available in that country for those who cannot make it to Thailand this new book presents detailed easy-to-follow recipes for many of the traditional Thai healing therapies practiced there you can pamper yourself in the comfort and privacy of your own home massage meditation restorative beauty treatments pick-me-up tonics and tone-me-down baths all are outlined with simple instructions and clear color photographs Thailand's luxury spas focuses on stress-busting therapies that run the gamut from all the various forms of Thai massage and meditation to full-body beauty treatment facials relaxing baths and scrubs healthy tonics and much more practical tips are given on how to recreate many of these recipes at home and specific treatments are outlined for specific ailments with superb full-color

photography featuring many of thailand's top supermodels the book was shot entirely on location in thailand's super deluxe spas enjoy a true thai style chill out spa experience wherever you live with thailand's luxury spas

based on traditional thai herbal lore the secrets of this country's ancient healing therapies are offered for the first time in this thai guide to health and beauty feel good therapies and natural healing are the lifestyle mantras of the new millennium asia leads the way in the back to nature market reviving many of its ancient techniques and treatments that have been handed down from one generation of women to the next thai spa book focuses specifically on stress busting therapies from thailand running the gamut from the many types of thai massage and meditation to full beauty treatments facials relaxing baths and scrubs healthy tonics and much more these therapies are offered with recipes or instructions or both which are easy to follow practical tips are given to recreate these health and beauty recipes at home and specific treatments are outlined for specific ailments all are designed to soothe nurture and calm with superb full color photography using many of thailand's top supermodels the book was shot entirely on location in some of thailand's super deluxe spas

including practical information for the business or independent traveller this guide features hundreds of accommodation and restaurant options local excursions to historic towns coverage of temples museums and river trips and a thai language section with script and pronunciation guide

the burgeoning popularity of alternative medicine has created a growing need for professionally trained practitioners this indispensable guide for prospective students is packed with resources schools and other educational opportunities in areas from chinese medicine and massage therapy to chiropractic and applied kinesiology

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deborah jay kelly is the founder and ceo of the angel academy which was established in 2003 having started out as a freelance journalist and progressing to promotions for different television channels deborah became fascinated in the common link attributed to stress and illness this began a relentless search for therapies and a sense of well being which is inherent in our nature which would

benefit the lifestyle of any person and calm stress and induce a sense of peace in their lives. Deborah trained in 65 therapies all of which were one year long and the accreditations with ITEC, VTCT and City and Guilds were undisputed. This is where she found her real passion to be. Deborah is also an international trainer and assessor and an independent assurance officer whilst running a full time job and studying. Deborah began treating people at an elite spa and this led to the principle of a college being so impressed at how well she felt after one of Deborah's treatments that she asked her to teach at her college. Deborah had previously taught for many years in a prestigious school in Harley Street before being trained up as a professional tutor and assessor in order to continue teaching across many colleges for a total of 8 years. This is where she met many students who still do courses with her today. In 2003, due to increasing demand, Deborah founded the Angel Academy of teaching and training which is accredited by the FHT, VTCT, NVQ and BABTAC and able to give CPD points for courses. Today, Deborah lives out her daily passion by working as a beauty trainer seven days a week, appearing in many television shows and promotions, often discussing her work and running the Angel Academy weekend courses. More recently, Deborah was called to put together a team of her students in order to work with a group of celebrity dancers called Diversity for a show called Ashley's Secret Street Crew. The decision was tough but she settled on a group of her favourite students and therapists. Little did she know that this would lead to the Angel Academy of teaching and training becoming one of the most televised beauty schools of all time. Best reality TV actress of the year 2014, Deborah Jay Kelly International Achievers Award nominee, press and TV coverage we can confirm that Deborah Jay Kelly won the award for best reality TV actress of 2014, nominee for BABTAC/CIBTAC most inspiring person of the year 2015. Deborah encourages everyone around her to achieve their best and to search out their dreams. Hundreds of student testimonials have been written thanking Deborah for her inspiration and encouragement. Deborah Jay Kelly is now a familiar face of reality TV, film, modelling, catwalk and dance as a beauty school owner, IQA assessor and international trainer. She travels the world training spa and salon too. I am told that I am an amazing, talented and sought after lady who is inspirational. I created a marketable group called the Angels in training that are featured along with my beauty school on many high profile TV shows. My school, the Angel Academy of teaching and training, is featured regularly on *Towie* and other high profile TV shows as well. Massage has long been known for its beneficial results and allows for most of the body to be massaged and manipulated from the legs, arms, stomach and décolleté to the hands, feet, upper and lower back and the face and scalp. Deborah has treated many a list celebrities, footballers and actresses with massage for remedial injuries, achieving major successes, recognising a gap in the industry for sharing these skills. Her books will deliver professional massage techniques helpful

information and instructional advice on how to perform a safe and effective massage

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