



Indian Head Massage 4E

Helen McGuinness

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Indian Head Massage covers the fundamentals of the subject in a clear and accessible format: from anatomy and physiology to health and safety, massage routines and marketing techniques.

This edition has been fully updated in line with the latest NOS and relevant VRQ/NVQ qualifications and contains new essential learning features such as health and safety and knowledge check boxes. Multiple choice questions at the end of every chapter provide you with practice for your assessment, whatever awarding body you are following. This book also covers the Indian head massage units for Level 3 Beauty Therapy NVQs/VRQs.

Full of new step-by-step photographs, FAQs and definitions, and links to video clips straight from the page, this is an essential text for all students of Indian head massage.

Now with a FREE supporting website including interactive multiple choice quizzes, anatomy and physiology labelling activities and links to video clips of the routine.

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