

Head, Neck & Shoulders Massage: A Step-by-Step Guide By Eilean Bentley

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Head, neck and shoulders massage: a step-by-step

Eilean Bentley is trained in Indian head massage, shiatsu, reiki, acupressure and shamanism, and has combined elements of these disciplines in her unique approach

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The Essential Massage Book: The Complete Guide to the Primary Hands-On Head, Neck & Shoulders Massage: A Step-By Step by Step Head Massage. by Eilean Bentley.

Head, neck & shoulder massage - simply natural

This is a beautifully relaxing massage that targets all the places you hold the most tension the head, neck and shoulders

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