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Gordon Inkeles

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El cansancio corporal y mental, los estados de tensión y angustia, los dolores musculares y las jaquecas, nerviosismos, inseguridades psíquicas, todo ello puede ser combatido eficazmente con un masaje adecuado, practicando en casa, a solas o junto al compañero/a, en diez minutos para los que tienen prisa, en media hora para los que pueden relajarse a placer.

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Técnicas de masaje sereno, íntimo y estimulante, introducción a los toques, el masaje, el automasaje, la terapia de zonas, instrucciones para el que recibe el masaje y muchos otros temas tratados en un libro que ya es un clásico de la literatura sobre el masaje.

Ilustrado con numerosos dibujos guías.



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