

A close-up photograph of a woman lying on her back, eyes closed, and smiling slightly. Her hair is pulled back. Several hands are visible, performing a massage on her upper back and shoulder area. The background is softly blurred, showing what appears to be a white towel or sheet. The overall atmosphere is calm and relaxing.

Massage Techniques for Beginners

Therapy Techniques For Beginners

Karin Nielsen-Saines



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