

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. Overlaid on the center of the image is the text "Massage Techniques for Beginners" in a bold, black, sans-serif font with a white drop shadow.

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