

# MASSAGE BASICS



A Guide to  
Swedish,  
Shiatsu, and  
Reflexology  
Techniques

Mark F. **Beck**  
Shelley **Hess**  
Erica **Miller**



# Massage Basics A Guide To Swedish Shiatsu And Reflexology Techniques

**Ryan Jay Hoyme LMT, BCTMB**



## **Massage Basics A Guide To Swedish Shiatsu And Reflexology Techniques:**

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