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Body massage

Learning objectives

This chapter covers the following:

- a brief overview of the history of massage
- preparation for massage treatment
- a sample body massage routine
- muscle stretching and energizing techniques
- after care for massage
- adaptations to massage
- the benefits and effects of body massage
- pre-heating treatments

This chapter will build on Chapter 5, Client care, and Chapter 8, Classification of massage techniques, to encourage you to develop your massage into a complete treatment. It will explore treatments that can be used to enhance the effects of your massage as well as methods of adapting your treatment.