



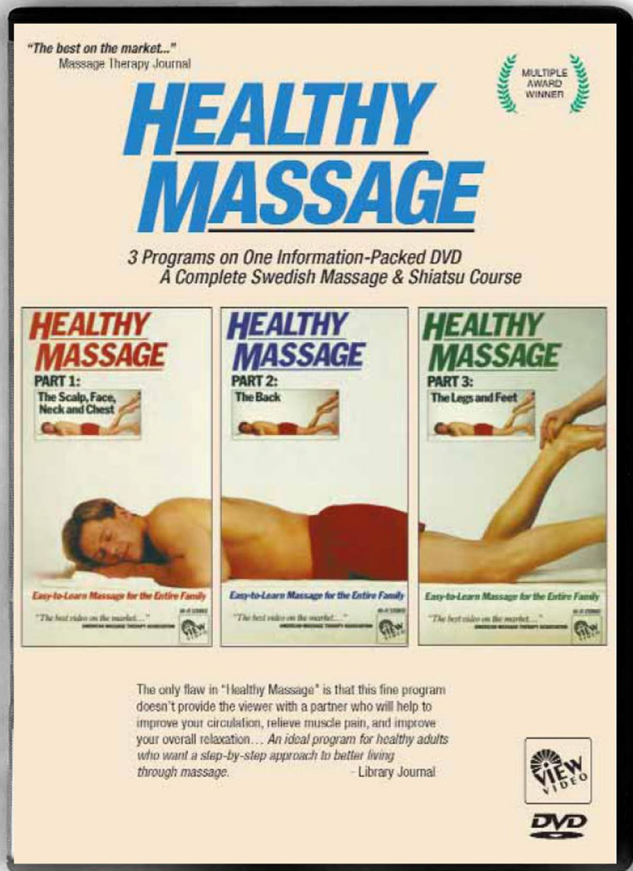
3 PROGRAMS ON ONE INFORMATION-PACKED DVD

A Complete Swedish Massage & Shiatsu Course

NEW DVD RELEASE

www.view.com

"The best on the market..." - Massage Therapy Journal



For generations we have known the health advantages of massage, and this DVD helps bring them into fruition from the comfort of your own living room. Learn the arts of Swedish massage and Shiatsu acupressure, and enjoy the healthful, stress-reducing benefits of massage with this special DVD that features three unique programs on one disc. Besides the three individual films, this deluxe set also features over an hour of Bonus Massage music to help set the mood as you enjoy the lessons and hands-on demonstrations taught on this DVD.

Rebecca Klinger, a NY State licensed massage therapist and one of the leading authorities on massage, guides you through an hour and a half of fascinating and relaxing massage techniques. Suitable for the entire family, this specially designed series is broken down into step-by-step, easy to follow segments, which let you focus on the muscle groups of your choice.

Program 1: The Scalp, Face, Neck and Chest

Program 2: The Back

Program 3: The Legs and Feet

Whether looking to relax after a long day or workout, or interested in the long term health benefits of massage such as...

- Increased circulation of oxygen in the blood
- Easing muscle strain
- Relieving tension headaches

... this DVD provides a professional approach to massage that is still appropriate for novices, and will change your life with its comprehensive, yet simple approach that showcases both modern and timeless massage techniques.

"The only flaw in Healthy Massage is that this fine program doesn't provide the viewer with a partner who will help to improve your circulation, relieve muscle pain, and improve your overall relaxation... An ideal program for healthy adults who want a step-by-step approach to better living through massage."

-Library Journal

"I was impressed. I have reviewed many massage videos, and this is by far the best quality. The presentation is very professional, with two or three cameras, numerous close-ups, muscle chart inserts, and slow motion replays, so the piece is actually engaging to the eye...She shows massage to be a true expression of caring."

- National Association of Nurse Massage Therapists

"...effectively produced and a welcome alternative to Scrabble. Grab a partner."

- Playboy Magazine



DVD BONUS FEATURES

- An hour of Bonus Massage Music
- Instant Access to Various Chapter and Techniques
- DVD Recommendations
- Digitally Mastered Audio & Video

ISBN 0-8030-2511-4



98 Minutes Plus Bonus Features and Over an Hour of Massage Music

VIEW DVD # 2511 \$19.98



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