



# The Book of Massage: The Complete Step-by-Step Guide to Eastern and Western Technique

By Carola Beresford Cooke, Anthony Porter, Lucinda Lidell

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A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology.

*The Book of Massage* is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. *The Book of Massage* offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, *The Book of Massage* is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

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### **Editorial Review**

#### **Amazon.com Review**

With more than 650,000 copies sold, massage therapist Lucinda Lidell's *Book of Massage* has been updated with new photos and instructional drawings. Not for the prudish, as the subjects in most of the photos are completely in the buff, the book presents an intense, information-packed, step-by-step guide to traditional massage, shiatsu, and reflexology.

No matter which method you choose to focus on (you're advised to choose one at a time), Lidell is thorough in her explanations of the strokes and techniques necessary to give relaxing, therapeutic massage in the privacy of your own home. Detailed drawings, diagrams, and photographs help to further demonstrate how to address each individual body part.

Divided into distinct chapters for each of the three methods, *The Book of Massage* also includes several sections that Lidell stresses are fundamental to all types of massage. The first is "Beginning," with information such as creating the right atmosphere (a warm room and soft lighting), applying oil, and finding a comfortable position. Additionally, Lidell suggests that everyone should review sections on the human touch and anatomy, both of which oddly come at the end of the book.

As thorough as *The Book of Massage* may be, do not expect to walk away from it an expert. As with any skill worth learning, giving good massage takes time, study, and practice, practice, practice. --Bree Altman

#### **About the Author**

Lucinda Lidell is a well-known healer and professional masseuse. She has contributed to many books on massage and natural healing, as well as the original *Sivananda Companion to Yoga* and *The Sensual Body*. She lives in London.

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