

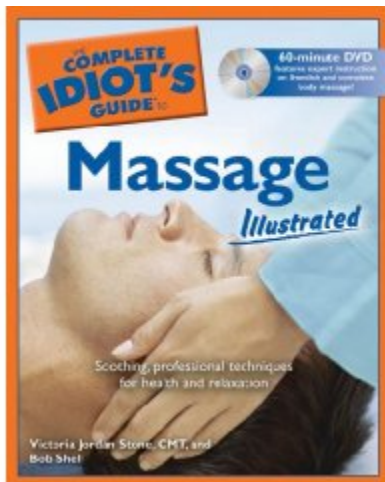
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Victoria Stone NCMT Publishes Massage Book

The Complete Idiot's Guide to Massage Illustrated (Complete Idiot's Guide to) (Paperback)



Includes full-color photographs and an instructional DVD.

There is nothing more relaxing or therapeutic than a deep massage, and with the right instruction, the basic techniques of Swedish Massage Method are easy to master. Fully illustrated with over 80 professional photos, this guide gives clear instruction in the most popular techniques of massage for relaxation and health.

- Only book with a 60-minute instructional DVD
- Fully illustrated with more than 80 instructional photos
- Straightforward, simple techniques
- Expert author and photographer

About the Author

Victoria Jordan Stone, CMT, has been in private massage practice since 1990. From 1996 to 1999, she was an instructor for the Virginia School of Massage in the full-time Medical Massage program, and in 2000 became a partner in Blue Ridge School of Massage & Yoga, where she continues to be a director and instructor.

For additional information, or to schedule an interview with Victoria Stone contact: Tod Whitehurst, staff@nrvmassage.com 540-392-3723 or 540-544-6820

