



# **Aromatherapy Massage from Head to Toe: Storey's Country Wisdom Bulletin A-254 (Storey Country Wisdom Bulletin)**

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Relax and rejuvenate with aromatherapy massage!

If you have been searching for the ultimate in spa-quality pampering of body and soul, aromatherapy massage is the answer! With sweetly scented oil and simple massage techniques you can:

- Calm the mind and relax the body
- Sooth aching joints and sore muscles
- Improve circulation
- Undo muscle knots and tension
- Encourage sounder, more peaceful sleep
- Invigorate your energy level
- Restore mental alertness

*Aromatherapy Massage from Head to Toe* offers step-by-step instructions for full-body, scalp, face, hand, and foot massages. You'll also find recipes for aromatic massage oil blends that lift the spirits and soothe the body.

Whether you have five minutes alone or are partnering up with a friend, there's a massage that's right for you! So let *Aromatherapy Massage from Head to Toe* be your on-call personal massage therapist - and enjoy!

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