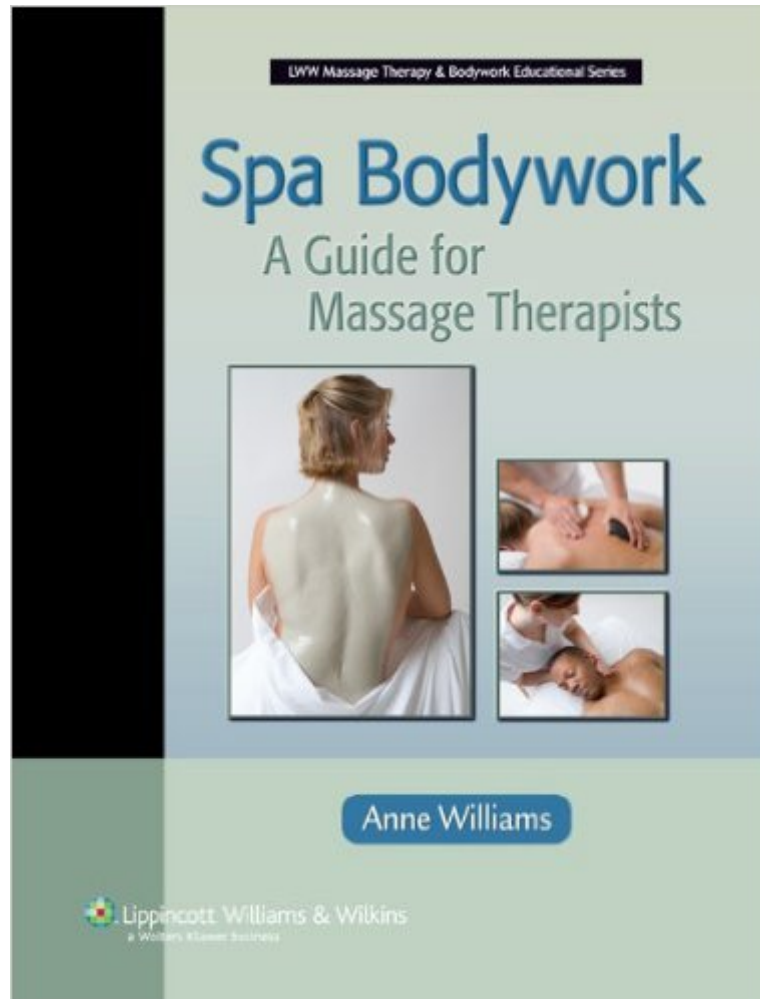


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# Spa Bodywork: A Guide For Massage Therapists



## Synopsis

The ability to deliver an exceptional and satisfying spa treatment is a special skill for which massage therapists are particularly well suited. Spa treatments today are multi-layered, multi-textured works of art that combine many elements of holistic practice. They are fun to deliver and offer the therapist a creative outlet. Knowledge of spa treatments not only allows massage therapists to offer their clients more options; it gives them a competitive advantage when seeking work in the spa industry. This textbook guides the massage therapist through each step of delivering a treatmentâ from a consideration of the indications and contraindications to scope of practice issues, the supplies needed, how to set up the room and practical tips on the specific steps involved. It also provides ideas for massage therapists on how to integrate massage techniques, spa products and enhancing accents, so you can create and deliver unique services. While wet-room equipment and techniques are discussed throughout the book, the focus is on the delivery of spa treatments in a dry-room setting. This approach allows for the use of spa services in a variety of settings such as a classroom, private practice, and massage clinic or day spa without the need for expensive wet-room equipment. Spa Bodywork features:

- Striking full-color photographs: More than 250 photographs clearly illustrate each spa technique and treatment.
- Treatment Snapshots: These quick reference boxes allow the therapist to get an overview of the treatment before reading the step-by-step procedures section.
- Sanitation Boxes: Handy clean-up and sanitation tips are offered throughout the treatment chapters.
- Broaden Your Understanding Boxes: These boxes contain information that helps the massage therapist to understand the full scope of a treatment.
- Sample Treatments: Sample treatments offered at the end of chapters are easy to add to a menu of services and come with promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.

## Book Information

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## Customer Reviews

This text book is wonderfully thought out and designed for LMPS or estheticians of all levels and backgrounds. Whether you have prior training in spa or want to teach yourself this is your book. The step by step directions on how do perform the kind of spa treatments that people will pay \$100.00 is so easy to follow. great photographs, step by step set up of your work station. contraindications for clients of concern and more. Our school has purchased it for our spa program and the students love it! Erin from auburn

The book answered a lot of questions that were unanswered for me. As a massage therapists who recently started a practice, the book was very insightful as it offered many options to enhance the massage session within the boundaries of massage therapy. The best part though is it also offered inexpensive options that would be equally practical in the dry room setting. Very easy to follow techniques which when correctly applied can be included into the massage session without going over the time allotted to a client. Worth every cent and more. I have no regrets on this purchase.

This book has a lot of good information in it, but I wanted less textbook and more application (a more condensed version.) A good book, but I also purchased "Keep It Simple Spa: Showerless Body Spa Treatments And Add-On's For Your Session Room" and it was more appropriate for MY needs. Don't pass this book up if you are looking for a lot of basic information.

I bought this book for class and am very happy with it. Arrived in perfect condition as I bought it used, and is exactly like the description. The information inside the book has a great layout and is extremely useful. I would definitely recommend this to others. Only reason I don't "love" it is because I wish there were more recipes and ideas, BUT it does give you all the information you need to create your own recipes.

I use this book as a reference. It has been a tool for me to incorporate add ons to my regular massage sessions, as well as incorporating new ideas. It is a hard back book which I love. It also

provides very basic information for a massage student. Well seasoned therapists would not have any use for it. I am relatively new to the profession so it has done me some good!

This arrived exactly when it said it would. It's the textbook for the "Spa Services" class I'm currently taking and has a lot of great information on the spa industry and how it relates to massage therapy. If you're a massage therapist who's looking to broaden their horizons into the spa area of the field, I would say that this book is a great place to start.

This book is full of wonderfully detailed information and explains step by step how each spa treatment is performed. Can't recommend it highly enough!

This book is for any massage therapist who wants to add spa techniques into their practice! Great step by step procedure guidelines, and wonderful images to give you a strong grasp of how to do everything!

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