

# Step-by-step intructions for a full body massage



Neck & lower head



Shoulder area



Upper back



Back & spine



Lower back & hips



Thighs & upper legs



Knees & lower legs



Lower leg & calf



Feet, ankles & heels



Upper & lower arms



Elbows & wrists



Hands & fingertips



# Massage A Step By Step

**S Ashworth**



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