

EL LIBRO DEL MASAJE



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El Libro De Masaje

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El Libro De Masaje:

El libro completo de los masajes ,2007-06 **El Libro del masaje** Lucy Lidell,1987-09-01 El libro del masaje George Downing,Anne Kent Rush,1990 **El libro del masaje** George Downing,1985 **El libro del masaje esencial** Eilean Bentley,2006 Desde la Antigüedad el masaje era uno de los principales medios para mitigar el dolor Los médicos egipcios griegos romanos rabes y chinos se valieron del masaje para afrontar con éxito muchas dolencias y encontrar camino de relajación En la actualidad el valor terapéutico del masaje ha sido absolutamente reconocido y sigue afianzándose en todo el mundo occidental entre los profesionales de la salud y entre los practicantes no especializados El masaje es una técnica saludable que al tiempo que apacigua el espíritu es beneficiosa y no encierra peligro alguno para el cuerpo Esta obra contiene una extensa gama de disciplinas que pertenecen a diferentes culturas y que se remontan hasta muchos siglos atrás en la historia de la humanidad Aquí podrás encontrar reunidas las principales terapias de masaje desde el shiatsu al masaje de cabeza pasando por el reiki el masaje chino o la reflexología El masaje además de reducir el estrés nos libera del agobio de la vida moderna y puede ser utilizado además como instrumento de relajación y placer Al explicar paso a paso las secuencias de las distintas técnicas este tratado te enseña a todo lo que necesitas saber sobre el masaje Masoterapia profunda + DVD-ROM en inglés Enrique Fabián Fernández,2007 Presentado en un formato muy manejable y claro este libro proporciona una evaluación básica de las condiciones neuromusculares del paciente así como una descripción de las técnicas del masaje de tejido profundo La obra expone de forma práctica y didáctica las rutinas a seguir en los tratamientos para las 22 condiciones neuromusculares más comunes Cada una de estas rutinas son descritas paso a paso muy claramente para que el terapeuta sepa lo que tiene que hacer para tratar cada condición particular de los pacientes Los diferentes capítulos tienen la misma estructura que incluye la definición de la condición particular a tratar una lista de sus síntomas asociados indicaciones y contraindicaciones para el masaje y un procedimiento o rutina a seguir Para una mayor comprensión del texto la teoría viene acompañada de 240 ilustraciones dibujos esquemáticos y fotografías de gran calidad Se incluye también apéndices con los planos anatómicos intervenciones a tener en cuenta con el paciente etc Incluye un DVD de extraordinaria calidad con más de una hora de vídeo en el que se muestran las técnicas descritas en el texto este complemento convierte a la obra en un manual de uso técnico y práctico imprescindible para todo estudiante y profesional de fisioterapia y de masajes *El arte del masaje* Varios autores,2017-03-23 El masaje del tipo que sea siempre busca el conocimiento del cuerpo a través del tacto y es además un acto de comunicación no verbal muy poderoso Esta práctica milenaria nos ofrece una amplia gama de técnicas y propuestas de masajes terapéuticos relajantes energéticos sensuales Y efectuarlos correctamente pueden beneficiar a las personas que los reciben Transmitir estos conocimientos es el objetivo de este completo manual escrito y supervisado por reconocidos especialistas en los diferentes tipos de masaje En las páginas de esta guía encontrarás las mejores técnicas y métodos de masaje desde el shiatsu hasta el masaje sensitivo información anatómica completa y adecuada a cada caso

explicaciones detalladas acompañadas de numerosas fotografías y secretos y curiosidades sobre el arte del masaje

Manual profesional del masaje Jesús Vázquez Gallego, 2011-07-18 El arte del masaje se ha practicado desde la Antigüedad en muchos países hoy en día es una de las formas de cuidado de la salud más popular. Se usa con buenos resultados en los campos terapéutico, estético y deportivo ya sea para buscar la relajación o como parte del tratamiento en diversas enfermedades. Este libro es un compendio sobre el masaje que abarca desde las nociones básicas como los conceptos anatómicos, los efectos fisiológicos y las normas e indicaciones generales para su práctica hasta el desarrollo de los distintos tipos de masaje. Se tratan en detalle el masaje clásico, masaje sueco y quiromasaje, los masajes específicos, masaje reflejo, drenaje linfático, entre otros, las técnicas orientales shiatsu y masaje chino, los masajes mecánicos y combinados y el masaje para poblaciones especiales, masaje deportivo infantil y en la tercera edad. Se incluyen también capítulos dedicados a la osteopatía, la acupuntura, el masaje en la fibromialgia y el masaje en el entorno Pilates. Asimismo se acompañan las detalladas explicaciones de las técnicas con ilustraciones y fotografías.

FUNDAMENTOS DEL MASAJE TERAPÉUTICO Sandy Fritz, 2001-04-25 El masaje terapéutico, masoterapia, también llamado en ocasiones tacto estructurado, ha sido a lo largo de la historia de la humanidad un arte curativo de alcance universal. Este libro, para mayor facilidad de utilización, se ha dividido en dos secciones. La primera sección, capítulos 1-7, abarca el importante material que deben conocer los practicantes. La segunda sección, capítulos 8-14, presenta las aplicaciones reales de los métodos de masaje y trabajo corporal. Ambas secciones se enseñan de forma simultánea. Además, el libro incluye cuatro apéndices: Apéndice A, Contraindicaciones para los masajes; Apéndice B, Lista de fuentes; Apéndice C, Obras consultadas; Apéndice D, Terminología. A medida que aparecen los métodos y técnicas de masoterapia y trabajo corporal, el lector aprende el cómo y el porqué de su labor y cuándo obtener las respuestas fisiológicas deseadas.

Masaje Qigong Dr. Yang Jwing-Ming, 2022-11-14 Descubre el poder curativo del masaje chino Qigong. El masaje Qigong es una antigua terapia curativa altamente efectiva utilizada como base para muchas otras formas populares de masaje. Basado en la medicina tradicional china, se utiliza para mejorar la salud, retrasar el proceso de envejecimiento, tratar algunas enfermedades y combatir el estrés. Esta guía práctica y completa, con más de quinientas fotografías e ilustraciones, presenta la teoría y las técnicas fundamentales del masaje Qigong. Es un texto clásico y una herramienta valiosa para los terapeutas que buscan mejorar sus habilidades y profundizar sus conocimientos de la curación mediante el Qi energético. No solo sirve para los terapeutas, se incluye una sección especial sobre automasaje para ayudar a aquellos que necesitan los beneficios de un tratamiento de masaje pero que carecen de un compañero o terapeuta. Cualquier persona interesada en Qigong encontrará las instrucciones y técnicas de este libro muy prácticas y útiles para recuperarse de la fatiga, los dolores y molestias, el estrés y otras enfermedades.

El arte del masaje terapéutico Yuber Calzadilla, 2023-02-02 El arte del masaje terapéutico no pretende desde su propuesta sustituir ningún tratamiento médico ortodoxo, tan solo ser una opción más para quienes deseen adentrarse en el universo del masaje y profundizar en su historia, técnicas, a ejecutar protocolos a seguir por

parte de sus profesionales y contraindicaciones en enfermedades o casos muy concretos El carácter terapéutico del masaje de manos ha acompañado a la humanidad desde hace siglos y con el paso de los años no ha dejado de perfeccionarse Este libro es un modo ameno y sencillo de aprenderlo *El poder del masaje* Ma. Ángeles García Moreno, 2014-05 Una terapia placentera y eficaz para el cuerpo y el espíritu elimina las tensiones alivia los dolores y el cansancio y recupera la energía *El bebé más feliz* Harvey Karp, 2015-01-16 Tu bebé llora desconsoladamente y no sois precisamente los padres más expertos Este libro de Harvey Karp os será de gran ayuda un método muy eficaz y sencillo que conseguirá calmar a tu inquieto hijo en cuestión de minutos Lo avalan sus veinticinco años de experiencia como pediatra y sus investigaciones sobre las técnicas de cuidados infantiles utilizadas en todo el mundo a lo largo de la historia Pero por qué llora tanto el bebé Durante el primer trimestre después de nacer los bebés suelen echar de menos las sensaciones maternas que sentían en el vientre de su madre y su sistema nervioso sufre las sobrecargas de los estímulos que el nuevo entorno conlleva Así el recién nacido se desahoga llorando Estos métodos son para padres abuelos y cuidadores al cargo de los bebés durante estos meses Con este libro aprenderán cómo aplicar cinco pasos rápidos y fáciles para tranquilizar y aliviar su llanto Lo que una madre necesita son métodos sencillos y realmente eficaces y los de Harvey lo son Michelle Pfeiffer Una lectura obligada El doctor Karp nos ayudará a comprender mejor cómo cuidar de los hijos combinando la sabiduría tradicional y la moderna Nuestro bebé responderá de inmediato a su método Keely y Pierce Brosnan Los padres agradecerán las claras y divertidas explicaciones sobre las causas del llanto de los bebés y la forma de tranquilizarlos Dr Martin Stein Universidad de California **Aceites esenciales** Francesco Padrini, Maria Teresa Lucheroni, 2025-06-17 La revelación de los prodigios de los que son capaces el eucalipto el romero la mirra el jengibre y otros cincuenta aceites esenciales La simbología relación entre el universo el mundo vegetal y el hombre Los secretos de las esencias propiedades indicaciones características energéticas para una aromaterapia de gran eficacia que actúa en profundidad para combatir el malestar y las molestias de todo tipo Los aceites esenciales pueden ser muy buenos para nuestra salud y nuestro bienestar en combinación con el masaje nos transmiten los poderosos principios de salud de las hierbas y de las plantas medicinales Quien no busque un remedio sino un estímulo para aumentar la propia energía física y mental puede utilizar con toda confianza los aceites esenciales y este libro como guía Nuevo Libro Del Embarazo Y Nacimiento Miriam Stoppard, 2000 Edición totalmente revisada y actualizada del práctico y completo manual de la doctora Stoppard la perfecta guía sobre todos los aspectos del embarazo y el nacimiento para los futuros padres Escrito por la especialista líder en temas de embarazo nacimiento y cuidado del bebé la doctora Miriam Stoppard Brinda consejos prácticos y tranquilizadores sobre nutrición ejercicios y cuidado prenatal y explica las alternativas que tiene la madre para dar a luz Proporciona información y orientación para ambos padres sobre cada etapa desde la planificación antes de la concepción hasta los primeros días de vida del bebé Contiene un completo calendario mensual que destaca los cambios físicos y emocionales que ocurren durante el embarazo y el desarrollo del bebé dentro del útero Ilustrado con fotografías

dibujos y diagramas incluye nuevas ilustraciones a color *Enciclopedia del masaje tailandés* Dr. C. Pierce Salguero, David Roylance, 2016-09-01 Recurriendo a la historia de Tailandia a las prácticas del yoga al budismo y a los estudios culturales además de a la experiencia profesional y docente de los autores en las más prestigiosas escuelas de masaje en Tailandia y en Estados Unidos este manual logra tender un puente que salva la brecha abierta entre la explicación teórica y el ejercicio práctico El trabajo corporal se presenta aquí tal como lo entienden en Tailandia como una práctica terapéutica y medicinal Los autores detallan todos los pasos de las tablas del masaje tailandés tradicional uno a uno y los completan con datos históricos con tradiciones espirituales y con su filosofía terapéutica siempre en un estilo ameno y atractivo Las abundantes ilustraciones y fotografías facilitan la comprensión de las diversas técnicas empleadas y el libro ofrece además diagramas de los puntos de acupuntura y una sección exclusiva sobre los principales canales de energía Este exhaustivo manual ofrece una amplia variedad de procedimientos para tratar afecciones específicas y es la herramienta perfecta para todo aquel que quiera aprender esta popular terapia curativa **Manual de masaje Tailandés** Maria Mercati, 2003 *Salud y Relajación Gracias al Masaje* Karin Schutt, 2001-11 El masaje el contacto curativo Prácticamente toda persona conoce el estrés las contracturas musculares los dolores de cabeza y los trastornos del sueño el masaje ayuda a combatir estas dolencias Este método curativo tan antiguo y natural relaja y ofrece momentos de recuperación que todos necesitamos imprescindiblemente Este libro ofrece una amplia información sobre las distintas variables de este método tradicional de tratamiento y su aplicación La autora explica con claridad las distintas formas de masaje y describe las maniobras básicas para ponerlas en práctica También se explican las medidas complementarias para aumentar y favorecer la efectividad del contacto curativo Numerosas fotos y dibujos hacen más clara la anatomía del cuerpo humano y muestran cómo deben realizarse las distintas maniobras Muchas ideas y consejos prácticos para la vida cotidiana hacen de esta obra un compañero inseparable Karin Schutt estudió psicología y ciencias de la comunicación Además es una fisioterapeuta diplomada **Masaje Oriental** Fabio Budris, 2007 Masajes: Salud Y Belleza Candela L. Bressi, 2007

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