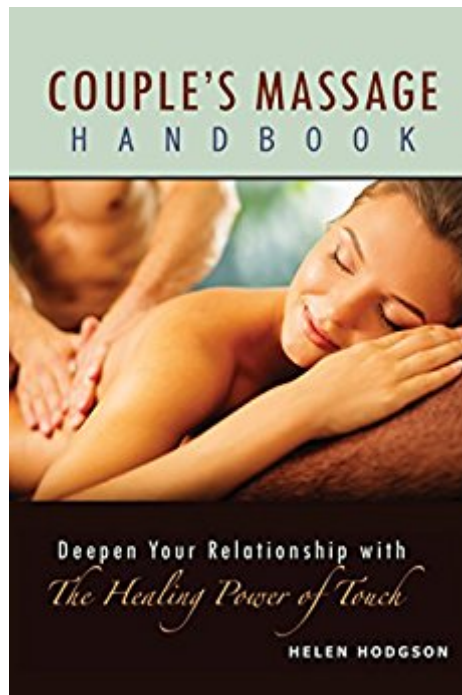


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# Couple's Massage Handbook: Deepen Your Relationship With The Healing Power Of Touch



## Synopsis

Are you ready to feel on top of the world and let the stress of daily life drift away? Experience the healing power of touch through massage from someone you already know and trust—your partner! The Couple's Massage Handbook takes readers from bumbling beginners to passionate pros in no time! This step-by-step guide covers the best tools, oils, music, and locations for giving a massage, including a sequence readers can use to stay focused. You'll discover: The amazing magic of touch and its benefits in your life. How to stimulate all the senses of your partner throughout the massage, making it more enjoyable. Proper massage techniques so you won't tire easily. How to turn your home into a spa-like atmosphere to enhance your time together. Your spiritual side and connect on a deeper level. How to be mindful and focused so that the massage flows effortlessly. If you are enthusiastic about deepening relationships through the power of touch, scroll up and buy your copy now! Praise for Couple's Massage Handbook: "The ultimate meaningful experience for anyone who wants to deepen their relationship or anyone who wants to be in a relationship. Couple's Massage Handbook is a must-have for everyone's library and life!" —DR. ELAINE FOGEL SCHNEIDER, best-selling author of *Raising Calm*, *Inspired*, & *Successful Children and Massaging Your Baby: The Joy of Touch* "The Couple's Massage Handbook is absolutely the best way to deepen your relationship with the healing power of touch." —JJ Flizanes, host of *The Fit 2 Love* podcast and author of *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life* "Massage is one of the best ways to play, pray, and love your lover and demonstrate that you are precious to each other [...] and Couple's Massage Handbook is the perfect guide." —KELLY SULLIVAN WALDEN, best-selling author of *The Love, Sex, and Relationship Dream Dictionary*

## Book Information

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## **Customer Reviews**

This book is powerful. As a massage therapist, I am often asked about how to support my clients in doing this for one another. This book is one of the best references I have read. It marries aspects of massage from a therapists point of view, such as anatomical considerations, setting up a compassionate workplace with cultivating and developing your personal relationship through this practice with partners. Helen, superbly, brings to light so many considerations of Couples Massage that allows you to explore the healing powers of touch with the person you trust the most: Your Partner.

Probably like most guys I have always enjoyed getting a massage, but never quite knew what to do when it was time for me to give one. Not to mention my thumbs start hurting and I get distracted after what seems like only a few minutes!Helen's book really helps make couples massage a fun experience. Her book not only clearly describes massage techniques, it provides tips on how to make this a comfortable, relaxing and special time together as a couple. I especially liked the last two chapters on communication and how to be in the moment. Helen's book describes how to find your own pace, communicate your like & dislikes while you learn and grow together. Couple's Massage Handbook: Deepen Your Relationship with the Healing Power of Touch

This book changed the course of my marriage with the art of touch. My husband and I had slowly become disconnected from each other with the challenges of life and this book helped reconnect us emotionally, spiritually, mentally and physically. It was very easy to read and understand as Helen was very comprehensive with her narrative and displayed great attention to detail with everything. Her wicked sense of humour, fun and ease flowed through the book which made it very easy to read. Throughout the book you can sense Helen's purpose, passion and strong desire to help couples reconnect with each through the magic of touch.

As a nurse, a masseuse, a trainer and as an entrepreneur, Helen has devoted much of her life to the health and well being of others. Now so much of what she's learned through decades of serving others is available and easily accessible in this volume, focused on the art of touch and what it can bring to a relationship. I discovered the soothing and healing art of massage many years ago as a recipient, but herein I learned not only the science of massage but how and what it can bring to a relationship. Who knew? Thanks Helen!

This book is well written and very detailed. Ms Hodgson writes with experience and knowledge interspersed with heart and wisdom. If you would like to learn how to share with your partner a very healing modality this book will support you in that journeyâ

I very much enjoyed this very informative book. It is a fast, easy read. I especially enjoyed reading the history of massage. After reading the book, I feel like the art of massage is much less intimidating and you do not have to be a professional masseuse to provide relaxation, as well as health and well-being to someone else. It is beneficial in intimacy tips to help couples but it also provides tips in general for anyone wanting to help someone feel better.

Who knew there was so much to know about massage! I enjoyed learning about the history of massage and the benefits, but most of all I loved the step by step guide on how to make the massage experience great for both the giver and receiver. This is a great guide for anyone who wants to explore a new way to connect with their loved ones.

This is a terrific guidebook through the journey of Couples Massage. It's well written, includes beautiful photos that are not embarrassingly sexy, covers everything you could imagine , and she makes it seem pretty easy to do! Covering from A-Z (Awareness and intention to the Zen of touch), Helen helps you really connect to your loved one on all levels.

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