

Indian Head Massage 4th Edition

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die massage ist eine manuelle behandlungsform bei körperlichen beschwerden oder zur entspannung informieren sie sich hier über die unterschiedlichen massagearten

thai massage ablauf anwendung und wirkung als traditionelle thai massage ttm bezeichnet man eine alte thailändische behandlungsmethode dabei werden die energiepunkte des körpers gezielt

ayurveda massage generelle merkmale und wirkung ziel und zweck der ayurveda massage die man auch als abhyanga oder als die große ayurvedische einölung bezeichnet ist die lösung von

eine kleine Übersicht besonderer massageformen die massage ist eine seit dem dritten jahrtausend v chr bekannte art der manuellen behandlung die sowohl präventiv als auch heilend eingesetzt

lomi massage anwendung ablauf und wirkung unter einer lomi massage versteht man eine traditionelle hawaiianische massage die auch lomi lomi

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