

# AIRBAG MASSAGE

Based on biomechanics, ergonomics and motor physical therapy, suit to human skeletal characteristics, combine with zero pressure, zero space, longer curved air massage, motion physics stretch with air bags. It will bring you supreme massage experience when you are at home, keep healthy and active every day.

## SHOULDER AIRBAG

Stretch and Strengthen

## ARM AIRBAG

Prevent Joint Stiffness



Back and neck pain relieve with pressure points massage, left and right side, Airbag, Inflator.

## LEG AIRBAG

Stretch and Relaxation

## FOOT AIRBAG

Relaxation, Refresh Feet



Thigh Roller Squeezing  
Stretching the quadriceps and the rest of the leg.



Legs Rubbing  
The calf muscles are being massage, stretching, and relaxing the calf and foot muscles.



## 12 AUTOMATIC MODES



Comfort



Relax



Stretch



Shoulder & Neck



Osteopathy  
Massage



Fatigue  
Recovery



Back & Waist



Full Body  
Massage



Sleep  
Promotively



Sedentary  
Stretch



Massage  
Massage



Beautiful  
Back

# Manual For Somnus Massage Mate

**John Harvey Kellogg**



## **Manual For Somnus Massage Mate:**

*The Massage Manual* Fiona Harrold,1992      **Thai Massage Manual** Maria Mercati,2005-08 Thai Massage is the touch that enhances health happiness and wholeness and with more than 150 expertly demonstrated sequences unfolding on these pages everyone can enjoy its benefits Sometimes called yoga in action Thai massage has worked its relaxing wonders for more than 1 000 years Explore its secrets with a detailed program that includes ten complete lessons each concentrating on a particular part of the body Like other forms of massage it employs a flowing sequence of stretches but instead of using only your fingers pressure is applied with the thumbs palms elbows knees and feet Full color photographs of every move match still shots with superimposed artwork that indicate the direction of the movements Each technique is clearly explained and its benefits from improved flexibility to increased vitality detailed All of the techniques are shown in sharp color photographs that are pleasing to the eye Descriptions of the techniques are clear *Massage Therapy Journal*      *The Art of Massage* John Harvey Kellogg,1895      **The Art of Massage:** John Harvey Kellogg,2023-02-06 Richly illustrated throughout A classic manual the learner and the practitioner will find enlightening Its comprehensive coverage of the physiological effects of massage as well as the illustrated techniques are as timeless and unchanging as the human form Particularly helpful are the detailed therapeutic massage procedures for specific health needs Print ed      **Thai Massage Manual** Maria Mercati,2005-03      *Massage Manual (spiral)* Fiona Harrold,1992      *The Art of Massage* John Harvey Kellogg,1929

Whole Body Massage Nitya Lacroix,Francesca Rinaldi,Sharon Seager,Renée Tanner,2004 Soothe away the stress of modern living with the healing art of massage A complete top to toe practical guide to massage aromatherapy and reflexology for every part of the body All you need to know about massage and related therapies instant quick fixes in depth treatments luxurious pampering sessions and sensual routines for two More than 800 step by step photographs and straightforward text explain all the massage techniques simply and clearly Includes easy self massage techniques as well as routines to share with a partner Provides treatments for common everyday health problems such as backache and headaches Publisher description      **The Massage Manual** Fiona Harrold,Patrick C. Pietroni,1994      *Art of Massage* John Harvey Kellogg,1999-09-01      *The Art of Massage* John Harvey Kellogg,John Harvey Kellogg M D,2013-10 This is a new release of the original 1929 edition      **The Complete Body Massage** Fiona Harrold,1992 Provides step by step instructions for using massage to promote relaxation relieve stress and alleviate pain in different areas of the body      **The Art of Massage** John Harvey Kellogg,1991-02      *Thai Massage with Neuromuscular Techniques* Slava Kolpakov,2022-05-19 Despite many books and courses teaching Thai Massage techniques therapeutic application remains a confusing and inaccessible area This high level visual manual seeks to elucidate this challenge for students and professionals in Thai Massage The reader will learn how to apply techniques and for whom in the correct conditions sequence and pace This comprehensive book incorporates neuromuscular treatments for an array of conditions whilst guiding students on how to develop fluidity in transition from

technique to technique Relying on visual prompts such as photographs muscle charts and anatomical images this is an invaluable practical resource for bodywork students and teachers

**The Massage Manual** Mark Evans, 2002

**The Tui-Na Manual** Maria Mercati, 2018-05 This clear step by step guide introduces Tui Na a Chinese system of therapy that uses massage and manipulation to relieve pain release tension and treat common ailments Clear illustrations outline the meridian energy channels and qi life energy points while step by step photographs demonstrate each technique Ideal for improving sporting performance alleviating executive stress or simply invigorating body and mind Tui Na can be used on friends family or colleagues at home or at work and is suitable for any age young or old

Whole Body Massage Nitya Lacroix, Michelle Garrett, Alistair Hughes, 2004

**The Massage Manual** Mark Evans, Rosalind Oxenford, Suzanne Frazen, 2000-01-03 The Massage Manual guides you through all the basic massage movements including shiatsu self massage This broadranging practical book is packed with specially commissioned full color photographs and clear authoritative text by leading practitioners

*Whole Body Massage* Michelle Garrett, Alistair Hughes, 2004

*The Tui Na Manual* Maria Mercati, 2018-06-12 A full color illustrated guide to Chinese tui na massage techniques for whole body health Demonstrates each of the 15 unique Tui Na techniques with rich full color photos and step by step instructions Explains how to use qi points to treat conditions in close proximity to the points as well as enact healing in tender or injured regions through the use of distant points Details how to use Tui Na in all ages to release stress re energize the body invigorate the mind and relieve pain sciatica headache sports injuries and other common ailments Tui Na which means grasp and push is a Chinese system of therapy that uses massage and bodywork manipulation to relieve pain release tension and treat common ailments Often practiced in conjunction with acupuncture and Chinese herbalism Tui Na is also used as a treatment to address specific patterns of disharmony and stimulate the overall flow of qi or vital energy throughout the body The leading authority on Tui Na in the West with years of study in China Indonesia and Thailand Maria Mercati combines the individual techniques of Tui Na into an easy to use method for whole body health Providing rich full color photos with step by step instructions she demonstrates each of the 15 unique Tui Na techniques showing clearly where to place your hands as well as offering clear diagrams of the meridian energy channels and more than 100 powerful qi points where qi energy can be directly affected to restore balance and harmony She explains how to use the qi points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected qi points The author details how to use Tui Na treatments to relieve neck shoulder and back pain sciatica headache and many other common ailments treat sports injuries and improve athletic performance She also shows how it can release stress re energize the body and invigorate the mind as well as provide healing massage for adolescents the elderly and babies Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work this fully illustrated guide provides a hands on program to help yourself and others find whole body health

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