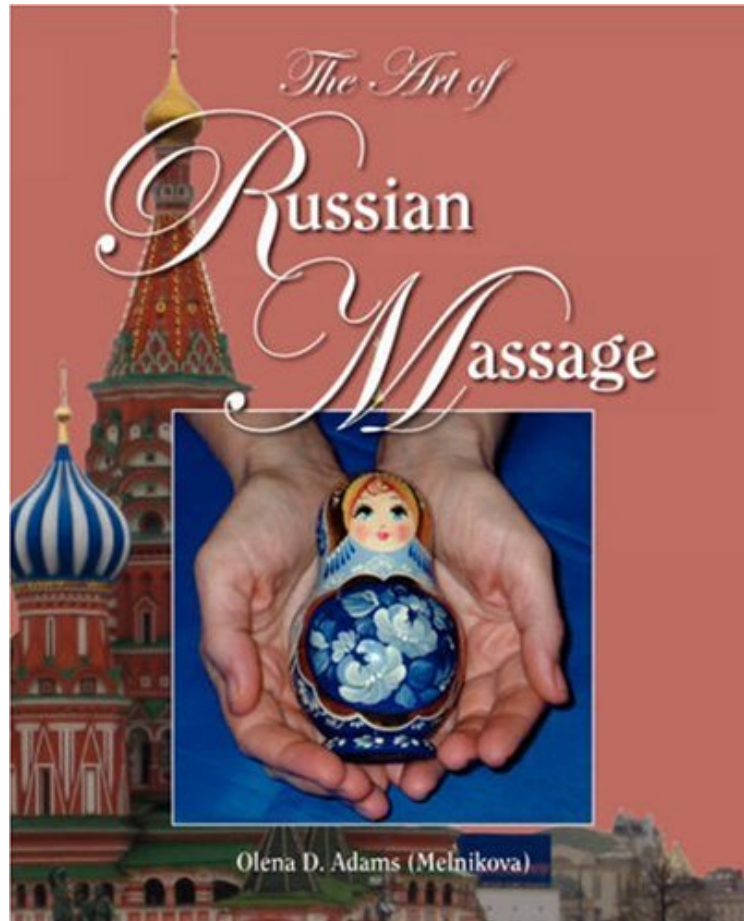


## The Art of Russian Massage

*Olena Melnikova Adams*

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**Olena Melnikova Adams : The Art of Russian Massage** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Russian Massage:

1 of 1 people found the following review helpful. Good for beginners!By PepaThis book was great for me as a beginner (and massage dilettente) because the techniques are talked about AND pictured. I learn best when I both read and see, and then I can practice on my friend. I also found the holistic approach to the body interesting, such as the use of aromatherapy and astrology. I've not seen any other book on massage that is so inclusive. That is what is so attractive about Russian Massage to me - it's not a just a technique, it's about healing the person. I think the picture on the front suggests this. Also, I found the author's Borscht recipe at the end to be a sweet personal touch. I'll be trying that recipe...1 of 1 people found the following review helpful. Awesome!By HopeA very precise and easy to follow manual for Russian Massage. Step by step and easy to read.Gives insight about the benefits of each stroke. A must have for any massage therapist looking to improve and add on to their skills! My clients LOVE the new techniques. Also has a section on crystal and mineral therapy.0 of 0 people found the following review helpful. excellent bookBy

Sardor Easy to read instructional book on a very interesting and useful subject. The info is easy to understand and follow for a non-professional massage therapist. Definitely worth the price.

Russian Massage is a combination of medical massage techniques and ancient healing traditions. A holistic art and science, it blends time-tested cultural practices like astrology, healing with honey, and aromatherapy with vigorous and creative hands-on movements. This informative book is fully illustrated, fun to read, and easy to learn. Born in the Ukraine in the former U.S.S.R., the author studied Russian Clinical Massage in Odessa before immigrating to the U.S.A. She now operates a clinic in Hawaii, and teaches NCBTMB and ABMP seminars.

From the Publisher We believe this is the first introductory yet comprehensive book on cultural Russian Massage on the global market today. From the Author "My praise of Russian Massage is rooted in my pride in its completeness and effectiveness, and that it was created in my original homeland of Russia. This book evolved out of my ongoing love affair with Russian Clinical Massage." From the Back Cover What people are saying: "The novice and even the experienced massage therapist will come away having learned something new. A must have for every massage school library." "An interesting and thorough reference that is clearly explained but not too technical." "I purchased your companion Russian massage video online and loved it! The protocol is beautiful, and so detailed. I think that someone can have better health just by reading the protocol! Thank you for all of your wonderful work!"