

Beneficios De La Masoterapia Pdf

John Carter, John Carter Cash

Masoterapia la salud de la piel Christian Morris Duarte de Souza Moraes, 2022-03-03 E-book Masoterapia para la Salud de la Piel. Conozca todos los secretos, directrices, técnicas y métodos de Masoterapia la salud de la piel El E-book Masoterapia la Salud de la Piel se desarrolla a través de e-book abre una connotación para aquellos que buscan nuevas oportunidades en el mercado de trabajo en el área de la salud alternativa, proporcionar el desarrollo del bienestar de las personas en su autoestima y el espíritu empresarial. Llevar al lector (a) directrices, técnicas y métodos de cómo hacer el masaje en casa. Conduciendo a la persona al fascinante mundo del conocimiento didáctico con técnicas y métodos científicamente probados y aprobados por expertos y consumidores. Teniendo en cuenta, la elaboración y el desarrollo detallado de este producto de máxima calidad de fácil comprensión agregada con una visión de consumo y emprendimiento. Área de actuación para aquellos que desarrollan para trabajar con el masaje: centro comercial, SPA, espacio de masaje, hoteles, clubes, atención domiciliaria, etc. ¡Venga aquí para aprender a construir un negocio exitoso! ¡Convierta su sueño en realidad ahora! ¡Aprenda a ganar dinero con la salud y tener ahora, esta oportunidad de negocio! ¡Comience ahora, generar un ingreso extra semanal con el masaje en casa!

Los beneficios del masaje ,2007

El Masaje Adam J. Jackson, 1998 El masaje es una manipulación del tejido muscular y conjuntivo para ampliar la función de esos tejidos y promover la relajación y el bienestar. Sirve además, para aliviar las contracturas y las tensiones musculares. Implícito en la cultura médica de todos los pueblos, el masaje siempre ha estado presente en todas las tradiciones. Es una terapia natural, segura y extremadamente eficaz. Puede utilizarse como ayuda para el entrenamiento deportivo, como tratamiento coadyuvante tras sufrir una lesión o una enfermedad y como técnica de relajación. Es un método altamente beneficioso para promover la salud, reducir la tensión y aliviar el estrés, y presenta la ventaja adicional de que puede aplicárselo usted mismo esté donde esté, ya sea en el lugar de trabajo o durante un viaje. Esta guía explica, de forma clara y concisa, las diversas técnicas de masaje y sus beneficios en el tratamiento de las afecciones más comunes.

El libro completo de los masajes ,2007-06-01

Masaje terapéutico. Conceptos, generalidades y técnicas Irma Hernández Hernández, Diana Alexandra Camargo Rojas, Ingrid Estefany Puentes Vega, 2020-12-03 El libro Masaje terapéutico: conceptos, generalidades y técnicas acerca al

lector a las diferentes perspectivas del masaje terapéutico, principalmente, el masaje clásico, el masaje infantil, el masaje deportivo y las técnicas de liberación miofascial, las cuales fundamentan las modalidades de interacción fisioerapeútica. Para esto, en cada uno de los capítulos se aborda historia, conceptos básicos, efectos, indicaciones y contraindicaciones, así como la técnica propiamente dicha para su aplicación; todo esto desarrollado desde la fisioterapia basada en evidencia. Los autores que compartieron sus saberes en este texto, se constituyen en un grupo de fisioterapeutas, con amplia experiencia en el tema, y estudiantes en formación, que, reconociendo el trabajo desarrollado por la profesora Irma Hernández Hernández, pionera en la enseñanza de las modalidades cinéticas como la masoterapia, dan lugar a esta herramienta académica y pedagógica, para la formación y el ejercicio profesional de fisioterapeutas, reconociendo, además, el rigor científico y metodológico de esta modalidad de interacción.

Terapia de masajes John Carter, John Carter Cash, 2019 Aprende los Principios de una Terapia de Masaje... ¿Has tenido dudas sobre una terapia de masajes o tal vez tu doctor te la recomendó en algún momento? ¿Quisieras conocer las verdaderas propiedades curativas que pueden obtenerse de usar masajes en tu vida? Es probable, que la preocupación y la simple ignorancia no te dejaban saber todos los detalles sobre el masaje... Si quieres deshacerte del dolor, tener un estilo de vida más activa y finalmente comenzar a moverte como lo hacías antes, este libro es algo que debes tener... Algunos de los temas que serán cubiertos: Cómo deshacerse de Dolores & molestias musculares mediante el uso de estos procedimientos simples de masajes Cómo recuperar la movilidad que solías disfrutar y recuperar tu vida de una vez por todas Cómo usar los secretos milenarios del Alivio muscular y cómo pueden eliminar tu dolor Y más... No esperes otro momento para disfrutar de esta información. Obtén tu copia de *Terapia de Masajes* ahora mismo!

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