

# **Learn How to Give a Great Massage**

**Lesson #1**

## **An Introduction**

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**Learn How to Give a Great Massage**

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## Foreword

I am very happy you have taken the time to read this lesson and that you'll read all the lessons that are coming throughout the next year.

And I guarantee you will be happy too.

In fact, I'd be willing to bet that you'll be much happier than me within just a few little weeks. Because what you will learn in these lessons will dramatically improve your life and the life of anyone who is fortunate enough to receive massages from you.

Now, before we go any further I need to recommend to you that you find a partner who will be willing to read these lessons with you. That way you'll have someone who you can give massages to and who will give massage to you in return.

It will be a winning situation for everyone!

Today we're mostly going to take a quick look at what you'll be learning throughout the year. That way you'll know what to expect as we move forward.

We'll also briefly discuss what a massage is so that we make sure we're all on the same page as we move forward.

Although we will take a year – with a new lesson each week – to learn everything, you will learn great massaging techniques very early in this course and you will be able to begin using the techniques.

In fact, next week we'll discuss how to know when to give a massage and when not to give a massage. But we'll also take a few minutes to discover how to give a quick hand massage that you (and a partner) will absolutely love.

But for this week, let's get to meat of the lesson – discussing what's to come over the next year and discovering what a massage *really* is.

## Lesson

In the next few weeks we will first get into the basics of a massage. We'll discuss when to give a massage and when you shouldn't.

You'll discover the proper relaxation technique and the proper breathing technique for a proper massage.

We'll also discuss what you need to give a proper massage and when's the best time to give a massage. We'll even get into different oils that you want to use and how you should use the massage oils.

Once the basics are covered then we'll discover how to massage every point of the body – from head to foot. We'll go through everything you need to know from the first touch all the way to the last touch.

And the great thing about all of this is you'll get perfect bite-sized pieces of information that are easy to understand and even easier to use.

Once we're all set with the basics of the massage then we'll get into a specific type of massage that is very popular today. This massage is called Reflexology.

You'll learn a lot more about it in a few months but in a nutshell Reflexology is all about massaging and applying pressure to the hands and feet in order to relieve stress and cure a number of ailments.

So now that you know what's coming over the next year, let's make sure we're all on the same page.

## **What is Massage?**

Massage is the ancient art of using touch to relieve a person's physical and emotional problems. The art of massage actually goes back thousands of years.

Massage also helps to connect a person's mind and body.

Specifically massage can relieve pain, help bring about good feelings, give comfort, boost a person's energy level, and help restore muscles.

So you can see that a massage isn't just about making a person feel good at that moment where that person is being touched. It's about so much more than that.

And you will learn all about how to effect these changes as we move forward.

## This Week's Assignment: Find a Partner

For this week, if at all possible, find a partner who will let you give him/her a massage and who will give you a massage.

A mate is perfect but a good friend is just as good.

Until next week,

Marsha Masters

Marsha Masters

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### **Coming Up Next ...**

When to Give a Massage and When not to give a massage.

Plus... a great and quick way to give an awesome hand massage anywhere and anytime!