

**watsu freeing the body pdf**

Associations Zero Foot Print Links : Glossary of Massage Therapy Terms. Here are some terms you may encounter while looking for a therapist. On this page there are three ways in which you can search our glossary.. use the alphabetical search option (below).

**Massage.ca: Glossary of Massage Therapy Terms**

Massage is the manipulation of soft tissues in the body. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain.

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