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Atlantic practice
Books from
Aromatherapy essential
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*Nursing
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application of aromatherapy for specific conditions. The fourth edition of this highly successful book provides a clear and authoritative introduction to aromatherapy as practiced in modern health care settings. It gives valuable information for any health professional wishing to

develop their understanding of the subject, providing the in-depth knowledge needed to use essential oils in the practice environment. NEW FOR THIS EDITION * Two new chapters - Wound Care and Bereavement - provide valuable additions to the text * The chapter 'Aromas, Mind and Body' has

been enhanced * Several new essential oils - giving properties, indications and cautions - have been added * New case histories illustrate the practical application of theory and techniques described * References have been updated and new research added The book is supported by

a CD-ROM of ancillary tables covering essential oils for general use in health-care settings including indications for safe, therapeutic uses of essential oils; those to be used with caution; and essential oil definitions. *The Vital Glutes* North Atlantic Books A must-have book for

understanding one of the most fundamental areas of physical therapy: the nervous system and its relationship to musculoskeletal pain Osteopath, lecturer, and author John Gibbons offers an accessible introduction to the peripheral nervous system (PNS). Alongside real case studies and guidelines for hands-on work with clients and patients, *The Vital Nerves* demystifies and makes accessible everything from

how to diagnose nerve conditions to understanding how our cells communicate. Gibbons provides critical insights into the structure and functions of the PNS; the body's response to stimuli and how it knows what to do; the sympathetic and parasympathetic nervous systems; understanding the stress response; and how reflex testing can aid in diagnosing conditions like Multiple Sclerosis,

Parkinson's Disease, and paresthesias. The Vital Nerves addresses practical, common considerations like how to: Assess the nervous system using a patella (reflex) hammer, myotome (muscle) testing, and dermatome (sensory) testing Determine whether pain in the posterior part of the thigh is caused by the sciatic nerve, piriformis, or simply a hamstring strain Decide at what level a disc may

have herniated Differentiate between upper and lower motor neurone disorders Know what to do with the findings of your neurological assessment and the circumstances under which to refer patients for more specialist care. The Vital Nerves is a comprehensive roadmap to the functional anatomy of the nervous system. Enriched with anatomical drawings and detailed explanations, it explains

neurological testing, common neuropathies, and differential diagnoses, and is an indispensable resource for physical therapists and bodyworkers. The Concise Book of Muscles, Fourth Edition Bloomsbury Publishing Theory and Practice of Therapeutic Massage, 5th edition is the classic text in the massage industry including the essential knowledge and skills needed to become a successful, professional massage therapist, plus the essentials of anatomy and physiology. Essential topics to the industry such as ethics, hygiene,

communication skills, and body mechanics are discussed. Full-color illustrations and photographs clearly illustrate techniques and procedures. Classical massage is expanded with clinical techniques including neuromuscular and myofascial techniques, and lymph massage, combined to better serve the client by following therapeutic procedures. Numerous career tracts are explored including massage in a spa environment and athletic massage. A new chapter discusses massage for special populations including pre-natal, infant, elder, critically ill, people with cancer, and hospice. The final chapter has been revised to cover business practices for finding employment or

successful self-employment. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Definitive Guide to Pressure Point Healing Ems Pub

The best selling book for holistic therapists by Francesca Gould has now been updated and revised with a new full color design. It makes learning fun through enjoyable activities such as crossword puzzles. It is a basic level text describing

anatomy and physiology in the simplest terms for those wanting to learn the basics in a holistics or beauty therapy context.

ITEC Sample Theory Papers

Random House
This book includes multiple choice papers for complementary, beauty and sports therapies. There is one sample paper per ITEC examination subject, e.g. one A&P, one aromatherapy, one reflexology, one massage, etc. Indian Head Massage Cengage Learning
The updated

edition of this authoritative, best-selling reference guide offers a comprehensive introduction to the muscular system—now with additional material on the anatomy of the body area, nerve pathways, and pelvic floor muscles. This newly revised fourth edition of *The Concise Book of Muscles* is a comprehensive guide to the major muscle groups. Easy to use and fully illustrated with more than 500 drawings, this compact reference provides a complete profile for each muscle, clearly showing its origin, insertion, nerve supply, and action,

the movements that use it, and, where appropriate, exercises that stretch and strengthen it. The book's distinctive quick-reference format shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. Each muscle chapter now includes an overview of the gross anatomy of the body area to show bony landmarks, cross-sections of muscle layers, and points of attachment as well as a quick reference table and an overview of the

nerve pathways that are most relevant. The book also includes a new chapter on the pelvic floor muscles—of particular interest to those studying or practicing yoga and Pilates. While designed for the student and beginning practitioner of anatomy, massage, bodywork, physical therapy, chiropractic medicine, physiotherapy, yoga, and Pilates or any other health-related field, *The Concise Book of Muscles* is equally useful for athletes and anyone interested in the workings of the human body.

A Guide to Professional Qualifications in the UK - Where They Lead and How to Get Them Simon and Schuster Reflexology for Holistic Therapists is an extremely accessible text and is an essential resource for anyone training for practice in reflexology. Each massage move is illustrated with a photograph, making the routine simple and easy to follow. The book contains case studies and self-test questions for exam preparation. It also includes in-depth coverage of chakras and auras plus detailed descriptions of oils.

NT North Atlantic Books
The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales.
Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global spa management,

covering everything from the beginnings of the industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry.
Understanding the Global Spa Industry brings an analytic lens to the spa movement, examining past,

current and future trends and the potential for shaping wellness and health services in the 21st century. Complete Guide to Reflexology Sterling Publishing Company, Inc. Discover the power of massage—from the inside out—in this unique reference book featuring seven styles of massage and enlightening anatomical illustrations. Massages energize, revitalize, and renew both body and spirit, and have even been proven to restore and promote good health. But to practice massage safely, you need to understand how the body works. Everyone from new students to experienced massage

therapists can benefit from this book dedicated to the practice of massage. - The world of massage at your fingertips! This comprehensive book explores seven of the world ' s best-known styles of massage: Swedish, Fusion, Shiatsu, Thai, River Stone, Reflexology, and Reiki. - Massage Anatomy uniquely combines an understanding of the human body with different massage styles, making it an excellent resource for practitioners of all levels. - Detailed anatomical illustrations and approachable text demonstrate body planes, muscle groups, and crucial areas like the nervous and lymphatic systems. There is also a helpful

reference section on massage terminology and a glossary of muscles. - Discover the ancient secrets practiced by Native Americans and Egyptians using warm stones that are applied to the body. Feel the “ spirit life force ” of reiki, a centuries-old Japanese technique used to promote peace and well-being. And find out how to combine Swedish, deep-tissue, and sports massage techniques for a fabulous massage fusion. Next to strong hands, this comprehensive guidebook is a massage therapist ' s most important tool, an invaluable resource for new students and experienced therapists alike. Healthcare Specialty Lotus Publishing Includes a history of

aromatherapy along with information on the principles of plant identification, methods of extracting oils, and aromatherapy massage techniques. The Complete Guide to Sports Massage Nelson Thornes The Introductory Guide to Reflexology provides a concisely explained and thoroughly illustrated introduction to a complex subject. Aimed specifically at students, it is designed to be easy to use, informative and readable. The book includes the required material for many examination syllabuses, such as

ITEC and covers: Study and revision are facilitated with an annotated fold-out foot chart, detailed illustrations and clearly stated learning objectives. The history and development of Reflexology The theory and concept of Reflexology Techniques and applications How to create specific conditions How to carry out professional consultation An Introductory Guide to Aromatherapy North Atlantic Books This title is directed primarily towards health care professionals

outside of the United States. Health care and nursing practice continue to change at a rapid pace, and nurses need access to up-to-date information from the many areas of nursing practice and other health care disciplines. This pocket dictionary is the ideal companion to nursing practice and contains over 7000 relevant medical and nursing terms clearly defined together with 90 clear illustrations. In addition to this, it also includes several appendices

of useful clinical reference material for easy access including normal values, nutritional guidelines and useful addresses. All of the entries have been reviewed and updated, and many of the particularly relevant issues such as research, quality and information technology have been expanded to reflect their importance in the changing health care environment.

British
Qualifications

Routledge

A clear, simple guide for students of anatomy as well

as an excellent resource for athletes, massage therapists, and anyone interested in the workings of the human body, this user-friendly book is organized around six muscle groups. They include muscles of the face head, and neck; the trunk; the shoulder and upper arm; the forearm and hand; the hip and thigh; and the leg and foot. Each of the groups is given a distinctive color to make it easy to identify, and each muscle is shown in its relationship to the skeleton. Each gets a complete

profile, including origin/insertion, action of the muscle, which nerve controls it, movements that use it, and exercises and stretches that strengthen it. The Concise Book of Muscles shows students exactly how to locate and identify specific muscles, highlighting those that are heavily used and therefore subject to injury in a variety of sports and activities. This expanded edition of a leading anatomy reference book includes 20 muscles not previously covered,

adding greater depth to the original edition while remaining accessible and affordable. The Reflexology Bible Nelson Thornes On the field, post-event, or in the clinic, Sports Massage is the essential resource for developing and perfecting your sports massage technique! Sports Massage provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough

instructions and over 130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You ' ll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for your client. This practical guide explains the foundations of sports massage as a

profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program). Sports Massage emphasizes proper therapist mechanics, including working posture, proper table height, and effective client

positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special “ Client Talk ” boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo

gallery index provides quick reference for checking techniques and their application. Organized for quick reference, Sports Massage explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions.

In addition, discussion of equipment, hygiene, and safety considerations will help you be prepared for each therapy session. A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. Sports Massage also discusses considerations in administering the technique to special populations, including individuals with

spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events. Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. Sport Massage provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with

sensitivity. With its emphasis on correct body mechanics and effective client positioning, Sports Massage will help you improve your technique, reduce strain as you work, and provide a better quality of touch. *Massage Anatomy* Kogan Page Limited *The Complete Guide to Sports Massage*, 3rd edition is a comprehensive, practical handbook. Now with additional photography and the latest techniques, this is a must-have guide

for students of sports therapy and anyone wanting a performance advantage. Sports massage is the skilled manipulation of soft tissue for: the relief and treatment of muscle soreness and pain; the maintenance of muscle balance and improved flexibility; and enhanced rehabilitation from injury. Packed with jargon-free information, this fully updated guide includes step-by-step photography and detailed text explaining the principles and

techniques of massage; injury management and post-massage care; as well as practical guidance on working at a sports event.

Anatomy and Physiology for Holistic Therapists Createspace Independent Pub This comprehensive revision aid is an invaluable learning and reference tool for all Anatomy and Physiology students, containing everything you need to help pass your exams.

Having been fully

revised in line with the latest specifications for all major awarding bodies, this popular text book is being used by students all over the world in countries such as Britain, Ireland, Europe, Singapore, South Africa, Australia and USA. It is suitable for any student training to become: A Massage Therapist, Beauty Therapist, Reflexologist, Aromatherapist, Health Care Assistant, 1st Year Nursing, Ambulance Technician,

Qualified Practitioner and Tutor. There are 13 chapters in total, with 1,160 Multiple Choice Questions. Each question has 4 possible answers with an answer grid at the end of each chapter. Also found inside are 58 crosswords with hundreds of clues, covering all systems of the body. These crosswords are designed to be interactive and fun and should be repeated several times until your confidence grows. Anatomy & Physiology Revision Questions

can be used either in class or as a separate self study guide. Beauty & Holistic Studies has been established since 2007 and in that time, has become one of the beauty industries leading providers in education resources. With subjects being added on a regular basis, it has helped over 30,000 students worldwide to gain success in their exams. Beauty & Holistic Studies was created by Kate Tierney, an experienced beauty and complementary

tutor who understands the demands placed on today's busy students. As well as having jobs and families, students must attend a rigorous class schedule, one that includes intense practical and theory based subjects. With all of these demands, there is hardly any time left to follow a proper study program. With this in mind, these revision guides have been designed to provide students with the necessary knowledge and tools to pass their exams with ease.

Students are able to practice the skills they have learned in college, all from the comfort of their own homes. Understanding the Global Spa Industry Prentice Hall In The Vital Glutes, author and respected bodywork specialist John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. He takes readers on a fascinating journey of enlightenment, teaching us to recognize pain and dysfunctional patterns that arise

from the gluteal muscles. Gibbons addresses such questions as: Why do the gluteals potentially cause pain and dysfunction in distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal-specific Muscle Energy Techniques aid full-body well-being? In addition, he provides step-by-step techniques to identify and correct a number of impaired patterns as well as functional gluteal exercises that

promote recovery. With full color photographs and illustrations, the book demonstrates how to perform functional assessment testing for the muscles of posture that can become chronically tight—a principal causative factor in dysfunctional glutes. Therapeutic techniques, including gluteal exercises, show how to correct dysfunction and reduce pain. This book will be of great value to physical therapists, athletes, and anyone interested in bodywork.

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Your Professional
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The Theory and
Practice of
Massage Human
Kinetics

This book has been written specifically for holistic therapy students and is invaluable for any major body massage course. It includes a full body massage routine, with each massage movement illustrated with clear, specially commissioned step-by-step photographs. It covers advanced massage techniques such as neuromuscular massage, shiatsu, acupressure and deep tissue massage.

A Practical Guide for Physical Therapists
Heinemann

Find out how to give the healing touch!

Reflexology is a safe and gentle therapy that combats stress, boosts the immune system, and stimulates our natural healing processes. From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body. A detailed directory provides instructions on relieving common ailments, and there are specialized treatments for children, couples, and the elderly.