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Spa Bodywork

Anne Williams



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Spa Bodywork, Second Edition, covers everything the massage therapy student or practicing massage therapist needs to know to incorporate multi-layered and multi-textured spa treatments into their massage practice. While wet-room equipment and techniques are discussed, the book focuses on spa treatments that can be delivered in dry-room settings, such as private practice, massage clinics, or day spas—without the need for expensive equipment.

Featuring new treatments, new photos, new video clips that demonstrate techniques, and an expanded set of online tools, the Second Edition helps readers develop the skills they need to gain a competitive advantage when seeking work in the spa industry or adding spa treatments to their massage practice.

All treatments—from salt and sugar glows to body polish to stone massage—are covered in step-by-step detail, illustrated with photographs that show how to position the client and how to apply products such as seaweed, essential oils, and mud, and enhanced by exciting online video clips that bring techniques to life.

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