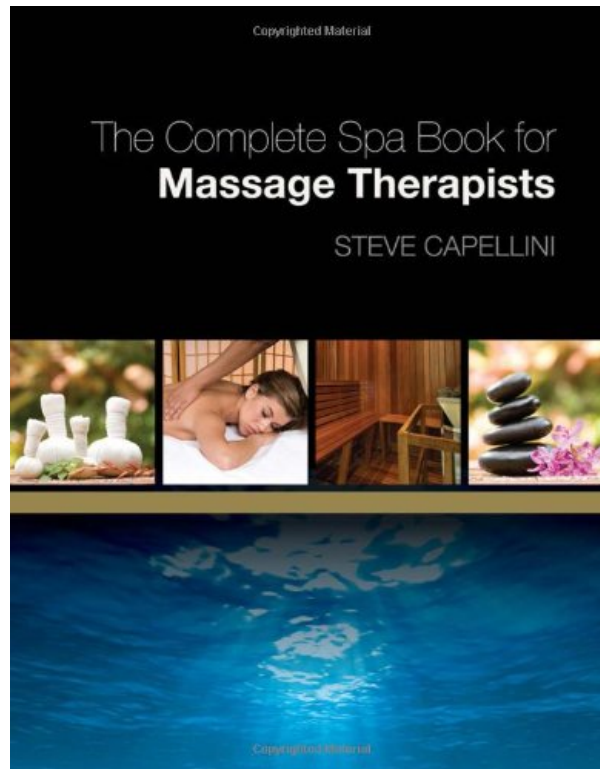


THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS BY STEVE CAPELLINI



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Part I. Spa History and Development. 1. In the Beginning-Spas' Watery Roots. 2. Spas in the Modern Age. 3. Spa Equipment & Facilities. Part II. Hydrotherapy for the 21st Century: WATER-BASED SPA TREATMENTS. 4. Bath and Shower Techniques. 5. Heat & Cold Applications. 6. Exfoliation. 7. Thalassotherapy. PART III. BODY WRAPS, ESTHETIC TREATMENTS, & SPA mASSAGE. 8. Body Wraps. 9. Spa Massage. 10. Stone Therapy. 11. Aromatherapy. 12. Advanced Modalities. 13. Esthetic Modalities for the LMT. PART IV. SPA CAREERS. 14. Finding Spa Work. 15. Becoming a Valuable Spa Employee. 16. Spa Retailing for Massage Therapists. 17. Opening a Therapeutic Spa. 18. Spa Operations. Key Terms. Appendix.

About the Author

Steve Capellini is a therapist, trainer, traveling consultant and writer. He has successfully organized and trained massage staffs in several cities and leads spa training workshops and seminars across the nation. He has been an instructor at several massage schools and has is own private therapeutic practice in Miami, Florida.

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The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover.

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