



## Guia de massagem (Portuguese Edition)

*Luise Hakasi*

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# Guia de massagem (Portuguese Edition)

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## **Guia de massagem (Portuguese Edition)** Luise Hakasi

A massagem não apenas influencia mecanicamente a pele, o tecido conjuntivo e os músculos, mas também tem um efeito positivo sobre a psique. Desenvolvido há milhares de anos na Ásia e África, massagem, finalmente, veio para a Europa e agora é prescrita como terapia manual e medida de prevenção pelos médicos.

Massagem aumenta a circulação e estimula o metabolismo, relaxa, alivia a dor, melhora do tecido e influencia de forma significativa o sistema nervoso autônomo.

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