

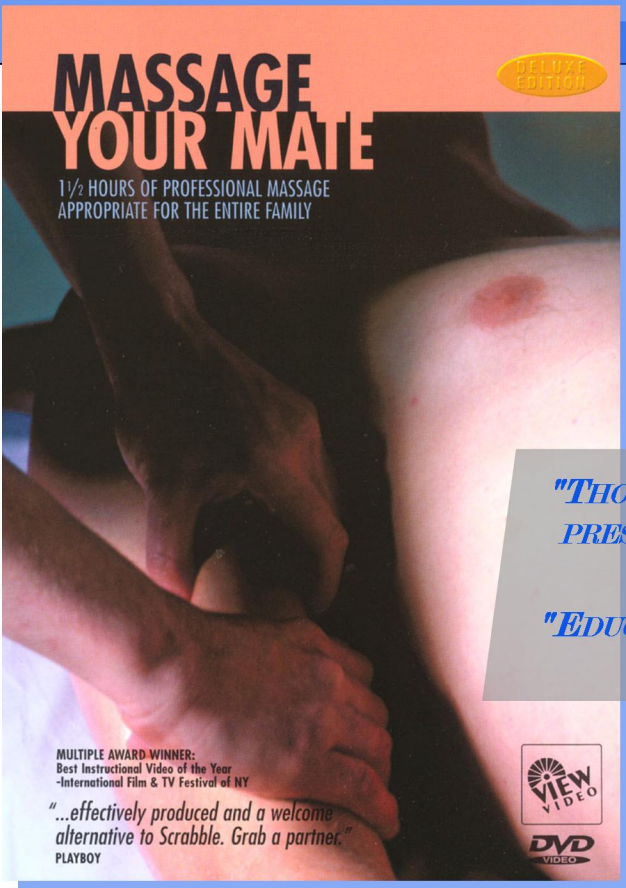


RELIEVE TENSION & RELAX

1 1/2 Hours of Professional Massage Instruction on DVD

NEW DVD RELEASE

MASSAGE YOUR MATE



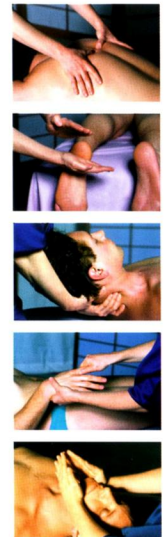
"THOROUGH, CAREFUL, ALL-PURPOSE CLASS IN MASSAGE... PRESENTATION IS DIRECT, ARTICULATE & INVITING."

- Medical Self-Care Magazine

"EDUCATIONAL, FUN AND PERFECT FOR THE WHOLE FAMILY."

- Family Circle Magazine

Whether you're completely new to the art of massage or would like to continue to expand your knowledge, this multiple award-winning DVD will teach you Swedish Massage and Shiatsu Acupressure Massage techniques using step-by-step, easy-to-follow instructions. Licensed Massage Therapist Rebecca Klinger guides us through an hour and a half of relaxing, comprehensive, & informative, massage



techniques in this educational DVD, appropriate for the entire family.

Detailed segments includes preparations and techniques for massaging both the front and back of the legs, the feet, the arms and hands, as well as massaging the abdomen, chest, neck, face, and scalp. Each segment presents both Swedish Massage and Shiatsu Acupressure techniques. Close-up photography, combined with clear explanations & slow-motion replays, not only help demonstrate the correct hand strokes and give helpful insights into this ancient medical art, but will help you review and retain the skills you've just learned.

For many generations we have known the health advantages of massage: increased circulation of oxygen in the blood, easing muscle strain, relieving tension headaches, as well as calming everyday stress. Discover the film that inspired The Massage Journal to comment "I have reviewed over 30 massage videos and... the video, Massage Your Mate, is the only video on the market that can be

used effectively for all four massage purposes." This DVD is the perfect introduction for people new to massage, but is also a useful tool for experienced massage hands looking for a few new moves.

- DVD BONUS FEATURES:**
- One Hour Bonus Music for Massage from World-renowned Jazz Musicians Pat Metheny, Joanne Brackeen & others
 - Dolby Digital Stereo Audio
 - Digitally Remastered Audio & Video
 - Over 60 Scene Selections
 - Instant Access to All Techniques
 - English Narration
 - Slow Motion Review Sections

SEE VIDEO PREVIEW CLIPS OF OUR ENTIRE DVD CATALOG AT WWW.VIEW.COM



Distributed by: VIEW Inc., P.O. Box 77, Saugerties, NY 12477
Telephone: (845) 246-9955 • Fax: (845) 246-9966 • Email: viewvid@aol.com
www.view.com