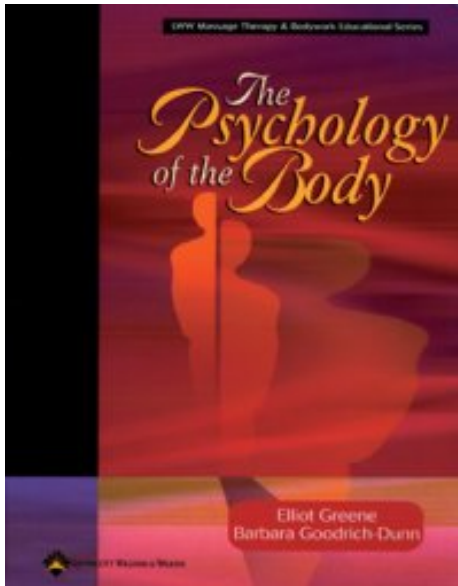




## NEWPRODUCTS

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### The Psychology of the Body

Elliot Greene and Barbara Goodrich-Dunn have partnered in this exploration of the intricate connections between mind and body and the underlying psychological factors that can influence the massage therapist/client relationship. The soft-bound text of 365 pages is available for \$36.95 at 800/638-3030 or <http://www.lww.com/>.

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### La Vita Scrub

Finely crushed apricot seeds form the base of this scrub designed to help men gently remove dry, dead skin cells. Natural extracts and vitamin B leave the skin soft and smooth. There's also a companion shave cream and body lotion. An 8 oz. bottle is available for \$16.50 from La Vita at 425/462-7325 or <http://www.lavitabody.com/>.

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## Ambrosia Massage Oil

CA Botana distills this therapeutic oil from fresh flowers. It's ideal for facial and body massages as it gently relaxes and energizes. Natural antioxidants and essential oil of hyssop help uplift clients' bodies, minds, and spirits. An 8 oz. bottle is \$38 through 800/872-2332 or <http://www.ca-botana.com/>.

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## Healthy Body Ball

An Arizona massage therapist designed this trigger point tool to help control pain in clients' necks and backs. Although it can be used for a variety of needs, it particularly focuses on myofascial pain. The Body Ball can be used by practitioners or sold to clients as a self-help tool between massages. The ball is available for \$21.95 at 800/455-4346 or <http://www.healthybodyball.com/>.

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## Arnica Creme

Arnica gels and ointments have been used for centuries to relieve muscle aches and reduce pain, swelling, and bruise discoloration. Now this homeopathic product is available from Boiron in a lubricating cream suitable for massaging sore muscles. Arnica Cream is available in health food stores and independent pharmacies. A 1.33 oz tube retails for \$5.59 at 800/258-8823 or e-mail [info@boiron.com](mailto:info@boiron.com).

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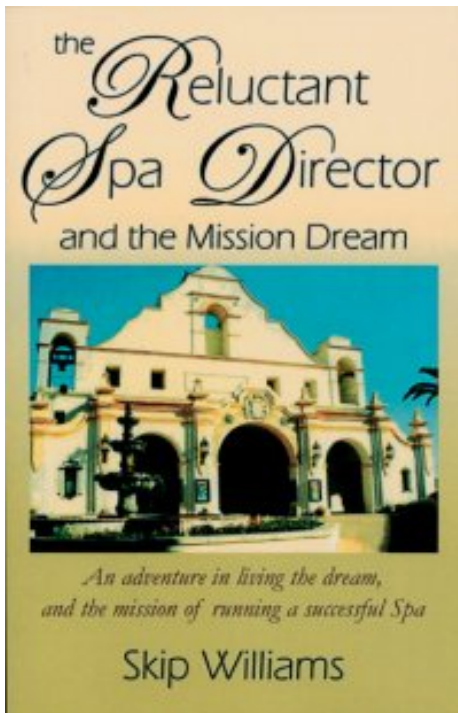
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## Detaching the World

If you enjoyed Volume 1 of this collection, you'll want Volume 2. This soothing, ambient guitar music is specifically designed for massage therapy sessions: The volume never fluctuates, there are no breaks in the music, and no accelerated tempos to break the massage rhythm. Available from Connecting the Universe Music for \$14.95 at 800/BUY-MY-CD or <http://www.detachingtheworld.com/>.

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## The Reluctant Spa Director

Do you dream about launching your own spa? Industry consultant Skip Williams has a decade of experience, and he's compiled his wisdom and compelling stories about professionals' successes and failures. From easy-to-follow business plan strategies to inspirational case studies, this paperback speaks to the mission. Available for \$19.95 at 702/436-0371 or <http://www.resourcesanddevelopment.com/>.

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## Neuromuscular Therapy Bars

Expand your horizons with a new approach to neuromuscular therapy. These innovative bars help practitioners address their clients' chronic pain, stress, and injury issues without compromising their own bodies. The set of six bars, crafted from birch wood, are accompanied by a 45-minute video. The set is available for \$89.95 from Neuromuscular Solutions at 877/393-7834 or <http://www.neuromuscularsolutions.com/>.

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