



# The Art of Russian Massage

*Olena Melnikova Adams*

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## **The Art of Russian Massage** Olena Melnikova Adams

Russian Massage is a combination of medical massage techniques and ancient healing traditions. A holistic art and science, it blends time-tested cultural practices like astrology, healing with honey, and aromatherapy with vigorous and creative hands-on movements. This informative book is fully illustrated, fun to read, and easy to learn. Born in the Ukraine in the former U.S.S.R., the author studied Russian Clinical Massage in Odessa before immigrating to the U.S.A. She now operates a clinic in Hawaii, and teaches NCBTMB and ABMP seminars.

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