

# **Head, Neck & Shoulders Massage: A Step-by-Step Guide**

## **By Eilean Bentley**

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How to use: Massage onto wet hair. Lather and rinse. Follow with Camomile Color D-652 Celestial Earth - Illustrated step-by-step Shopping Guide <http://www.shopstyle.com/browse/womens-beauty>

Eilean Bentley: Category: Massage The Busy Person's Guide: Indian Head Massage can help to ease face and scalp and reduce stiffness in your neck and shoulders. <http://www.pageandblackmore.co.nz/catalog/22790-Massage>

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<http://www.wikihow.com/Give-a-Neck-Massage>

Eilean Bentley is trained in Indian head massage, shiatsu, reiki, acupressure and shamanism, and has combined elements of these disciplines in her unique approach  
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