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## SUMMARY OF MASSAGE AREAS OF THE BODY AND THE TECHNIQUE USED

### NECK AND BACK

- Stroking
- Compress and release
- Kneading
- Circular pressure
- Effleurage

### LEGS :

- Stroking
- Compress and release
- Kneading
- Effleurage

### PECS :

- Stroking
- Kneading