



# The History of Massage: An Illustrated Survey from around the World

*Robert Noah Calvert*

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**The History of Massage: An Illustrated Survey from around the World** Robert Noah Calvert

The first comprehensive history of massage.

- Written by Robert Noah Calvert, the founder of *Massage Magazine*.
- Includes 200 black-and-white illustrations.
- The definitive resource for all students and professionals in the fields of massage and bodywork.

From the people of ancient Greece to the tribes of the Pacific Ocean, massage has been a significant element in medicine, midwifery, folk healing, and athletics. Yet the rich presence of healing touch is rarely manifest in the telling of human history. Now, for the first time, Robert Noah Calvert offers a comprehensive history of massage that spans the globe. Starting with the healing art's ancient foundations, Calvert's *History of Massage* leads us through Greek temples and Middle Eastern bathhouses, Chinese martial arts traditions and Native American sweat lodges, to discover the significant role of touch therapy in the life of the world's people.

With rich use of anecdote and illustrated text, the author details the cross-cultural healing and sensual applications of massage, the development of massage technologies, and the emerging trends of massage in the twenty-first century. *The History of Massage* is groundbreaking work that should not be missed by anyone interested in massage and its benefits for healing.

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