



# **Best Damn Head Massage Ever! Quick Fix for: Headaches, Tension and Neck Pain (MASSAGE TIME Self Care Informational Book 2)**

*Mary Lea McKennan CMT*

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The absolute BEST way to feel the benefits of this head massage is to apply it from start to finish, but it is also designed to be able to address the specific areas, when limited in time or to use in public settings for immediate relief.

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