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noun 1. the act or art of treating the body by rubbing, kneading, patting, or the like, to stimulate circulation, increase suppleness, relieve tension, etc. 2. Slang

### **Massage full body massage and massage therapy**

A good massage is an exhilarating experience. The goal of massage therapy is to help the body heal itself and to increase health and well-being.

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relax the muscles, or provide sensual stimulation

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