

HSIMB MASSAGE 1 & 2 SUPPLY LIST

REQUIRED

- **Trail Guide to the Body: A Hands-On Guide to Locating Muscles, Bones and More 6th Edition**, by Andrew Biel:

Copy-Paste Link: <https://a.co/d/hjAaufh>

- **Index Cards of your choice (for flashcards)**

- Notebook and writing utensils.

- **2 Sets of Massage Sheets** (each set should include: a fitted sheet, a flat sheet, and a face cradle cover).

- **Single or Double Massage Holster (to be worn around the hips for easy access)**

EXAMPLE HOSTER: <https://a.co/d/hltTpfo>

- **Earth's Essentials Two Pack Of Refillable 16 Oz. HDPE Plastic Pump Bottles With Patented Screw On Funnel:** <https://a.co/d/9uiHdBg>

- **Deep Tissue Massage and Body Lotion by Organic Bath & Body- 64 oz:** <https://a.co/d/gJQX2dm>

- One Queen-Size Pillow Cases

- One Hand Towel

OPTIONAL

- Blanket for your comfort when you are receiving.

- **Trail Guide to the Body, 6th Edition - Student Workbook 6th ed. Edition**, by Andrew Biel. <https://a.co/d/6OloOVu>

- Nina McIntosh's The Educated Heart: Professional Boundaries for Massage Therapists and Bodyworkers

by [Laura Allen](https://a.co/d/eJQu7AL): <https://a.co/d/eJQu7AL>

