

The Horseowners Massage Booklet



Why learn to massage your horse?

Many owners simply do not realise how much they and their horse will benefit from performing even the most basic massage skills and stretching exercises on a regular basis. Horses receiving regular massage become more relaxed both in their work and in the stable, they develop a stronger bond with the owner and massage and the horse's performance, be it in the jumping arena, dressage show or simply out hacking, can improve beyond expectation.

How difficult is massage to learn?

The fundamentals of massage are simple enough, as are the stretching exercises which accompany them. The *Horseowners Massage Booklet* aims to help every horseowner learn the fundamental skills required to give their horse a gentle and relaxing massage, using the owners bare hands, the old fashioned stable whip or rubber, and the highly useful rubber curry comb. We tested the effectiveness of using these simple massage tools on our own horses on a twice weekly basis and found a dramatic change in muscle tone, relaxation and stamina when working.

How do I take the first step?

The *Horseowners Massage Booklet* is a wonderful way to get started with developing your own massage skills. Written by a highly experienced equine, canine and feline massage therapist, the booklet contains lots of colour photos and easy to understand guidance on how to massage your horse for the first time. Additionally, there is telephone and email support available to you for any questions and queries you may have.

If you would like to purchase the *Horseowners Massage Booklet*, please complete the *Horseowners Massage Booklet* Application Form.

If you would like more information, contact Nikki on 07890 968115 or email customersupport@horsesanddogs.co.uk