

A close-up photograph of a woman lying on her back, eyes closed, and smiling slightly. Her hair is pulled back. Several hands are visible, gently massaging her neck and shoulder area. The background is softly blurred, showing what appears to be a white towel or sheet. Overlaid on the center of the image is the text "Massage Techniques for Beginners" in a bold, black, sans-serif font with a white drop shadow.

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