

# RECOMMENDED BOOK LIST

FEB 2001

## RECOMMENDED TEXTS

The following titles are recommended to help colleges teach students. Lecturers should follow the details set out in the syllabus as their guide to helping students to achieve success at ITEC examinations and where textbooks do not fully cover certain aspects lecturers should provide supplementary information in their classes.

## OBTAINING COPIES

Colleges may obtain books from any reputable bookstore. However, as a service to member colleges ITEC has set up an agreement with Holistic Therapy Book Distributors of Cambridge, to supply titles which feature on this list. Please see the Ordering Information at the end if you wish to order in this way.

### BEAUTY THERAPY



#### An Introductory Guide to Anatomy & Physiology

Louise Tucker List price £12.00  
*Holistic Therapy Books*  
ISBN: 1903348005 Quantity

#### Principles and Practice of Physical Therapy (4th Ed.)

W. Arnould-Taylor List price £14.00  
*Nelson Thornes*  
ISBN: 0748729984 Quantity

#### Aesthetics for the Therapist: Theory and Practice

A. Hagman List price £16.50  
*Nelson Thornes*  
ISBN: 074870566X Quantity

#### Principles & Techniques for the Beauty Specialist

A. Gallant, K. Gillott, & J. Howard List price £17.50  
*Nelson Thornes*  
ISBN: 0748715509 Quantity

#### Health and Beauty Therapy: A Practical Approach for NVQ Level 3

D. Mernagh & J. Cartwright List price £15.50  
*Nelson Thornes*  
ISBN: 0748718176 Quantity

#### Skin Camouflage: A Guide to Remedial Techniques

J. Allsworth List price £7.99  
*Nelson Thornes*  
ISBN: 0859505189 Quantity

#### The Science of Beauty Therapy

R. Bennett List price £18.99  
*Hodder and Stoughton*  
ISBN: 0340630795 Quantity

### Beauty Therapy Fact File

Susan Cressy List price £16.95  
*Butterworth-Heinemann*  
ISBN: 0750604670 Quantity

### Stage Makeup

Richard Corson List price £31.99  
*Prentice Hall*  
ISBN: 0138405395 Quantity

### Diagnostic Picture Tests in Dermatology

G.M. Levene List price £9.95  
*Wolfe Medical Publishing*  
ISBN: 0723409102 Quantity

### ELECTROLOGY

#### Electro-epilation – A Practical Approach

Cartwright, Morris & Sullivan List price £15.00  
*Nelson Thornes*  
ISBN: 0748719156 Quantity

#### Principles and Techniques for the Electrologist

A. Gallant List price £17.50  
*Nelson Thornes*  
ISBN: 0859504891 Quantity

### COMPLEMENTARY THERAPY

#### An Introductory Guide to Anatomy & Physiology

Louise Tucker List price £12.00  
*Holistic Therapy Books*  
ISBN: 1903348005 Quantity

#### Principles and Practice of Physical Therapy (4th Ed.)

W. Arnould-Taylor List price £14.00  
*Nelson Thornes*  
ISBN: 0748729984 Quantity



## Recommended Book List

### Gray's Anatomy

Henry Gray List price £14.99  
*Running Press*  
ISBN: 0762406739 Quantity

### Ross and Wilson: Anatomy and Physiology in Health and Illness

K. Wilson & A. Waugh List price £23.95  
*Harcourt Publishers*  
ISBN: 0443051569 Quantity

### The Nurse's Dictionary

H. Morten & C. Brooker List price £6.95  
*Faber and Faber*  
ISBN: 0571153127 Quantity

### The Muscle Book

P. Blakey List price £7.95  
*Bibliotek Books*  
ISBN: 1873017006 Quantity

### Soft Tissue Release

Mary Sanderson List price £15.00  
*Otter Publications*  
ISBN: 1903333008 Quantity

### The Optimum Nutrition Bible

Patrick Holford List price £12.99  
*Judy Piatkus*  
ISBN: 0749918551 Quantity

### 100% Health

Patrick Holford List price £10.99  
*Judy Piatkus Publishing*  
ISBN: 074991968X Quantity

### 6 weeks to Super Health

Patrick Holford List price £16.99  
*Judy Piatkus Publishing*  
ISBN: 0749920750 Quantity

### Food for the Mind and Body

Michael Van Straten List price £14.99  
*Harper Collins Publishers*  
ISBN: 0007101392 Quantity

## AROMATHERAPY

### An Introductory Guide to Aromatherapy

Louise Tucker List price £12.50  
*Holistic Therapy Books*  
ISBN: 1903348013 Quantity

### Aromatherapy: An A-Z

P. Davis List price £12.99  
*C.W. Daniel Co. Ltd*  
ISBN: 0852072953 Quantity

### The Encyclopaedia of Essential Oils

J. Lawless List price £9.99  
*Element Books Ltd*  
ISBN: 1852303115 Quantity

### The Illustrated Encyclopaedia of Essential Oils

J. Lawless List price £18.99  
*Element Books Ltd*  
ISBN: 1852306610 Quantity

### Aromatherapy Workbook

Shirley Price List price £8.99  
*Harper Collins*  
ISBN: 0722526458 Quantity

### Essential Oil Safety

R. Tisserand & T. Balacs List price £34.95  
*Harcourt Publishers*  
ISBN: 0443052603 Quantity

### Aromatherapy Essential Oils in Colour

Rosemary Caddy List price £9.99  
*Amberwood Publishing Ltd*  
ISBN: 1899308148 Quantity

## REFLEXOLOGY

### An Introductory Guide to Reflexology

Louise Tucker List price £12.50  
*Holistic Therapy Books*  
ISBN: 1903348021 Quantity

### Reflexology

I. Dougans with S. Ellis List price £5.99  
*Element Books Ltd*  
ISBN: 1862046654 Quantity



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## Recommended Book List

### Better Health with Foot Reflexology

D. Byers List price £12.99  
*Ingham Publishing*  
ISBN: 0961180420 Quantity

### Reflexology – A Way to Better Health

N. Hall List price £8.99  
*Gill and Macmillan Ltd*  
ISBN: 0717130959 Quantity

### Reflexology – A Practical Approach

V. Pitman with K. Mackenzie List price £16.50  
*Nelson Thornes*  
ISBN: 0748728678 Quantity

### The Reflexology Handbook

L. Norman with T. Cowan List price £16.99  
*Piatkus Books*  
ISBN: 0861889126 Quantity

## STRESS MANAGEMENT

### Managing Stress in a Changing World

S. Balfour List price £14.95  
*Aurum Press*  
ISBN: 1854104489 Quantity

### Feeling Good: The New Mood Therapy

D. Burns List price £7.50  
*Harper Collins*  
ISBN: 0380810336 Quantity

### The Book of Stress Survival

A. Kirsta List price £16.00  
*Prentice Hall*  
ISBN: 0671630261 Quantity

### Teach Yourself: Managing Stress

T. Looker and O. Gregson List price £7.99  
*Hodder and Stoughton*  
ISBN: 0340663766 Quantity

### Stress and Relaxation Handbook: A Practical Guide to Self-Help Techniques

J. Madders List price £8.99  
*Vintage/Ebury*  
ISBN: 0091815142 Quantity

### Simple Relaxation: The Mitchell Method of Physiological Relaxation for Easing Tension

L. Mitchell List price £6.95  
*John Murray*  
ISBN: 0719543886 Quantity

### The Complete Guide to Stress Management

C. Patel List price £12.99  
*Vintage/Ebury*  
ISBN: 0091813662 Quantity

### More Help for Your Nerves

C. Weekes List price £6.99  
*Harper Collins*  
ISBN: 0722532024 Quantity

### Stress Barrier

Pradeep K Chadha List price £12.99  
*Blackhall Publishing*  
ISBN: 1901657655 Quantity

### Stress Work Book

Eve Warren List price £14.99  
*Nicholas Brearley Publishing*  
ISBN: 1857881710 Quantity

## SPORTS THERAPY

### An Introductory Guide to Anatomy & Physiology

Louise Tucker List price £12.00  
*Holistic Therapy Books*  
ISBN: 1903348005 Quantity

### Principles and Practice of Physical Therapy (4th Ed.)

W. Arnould-Taylor List price £14.00  
*Nelson Thornes*  
ISBN: 0748729984 Quantity

### The W.E.T. Workout: Water Exercise Techniques to help you to tone up and slim down aerobically

J. Katz List price £14.95  
*Facts On File Publications*  
ISBN: 0816033420 Quantity

### Aqua Aerobics

T. Kinder & J. Sea List price £16.95  
*Eddie Bowers Publishing Inc.*  
ISBN: 0945483201 Quantity



## Recommended Book List

### Hydrobics: A Water Exercise Program for Individuals of All Ages and Fitness Levels

J.A. Kravec & D.C. Grimes List price £12.95  
*Human Kinetics Europe Ltd*  
ISBN: 0880112662 Quantity

### Sports Injury The Prevention and Treatment

Dr Lars Peterson List price £29.95  
*Martin Dunitz*  
ISBN: 1853171190 Quantity

### Sport and Remedial Massage Therapy

Mel Cash List price £14.99  
*Vintage/Ebury*  
ISBN: 0091809568 Quantity

### Sports Injuries

M. Read & P. Wade List price £14.50  
*Butterworth-Heinemann*  
ISBN: 0750631120 Quantity

### The Fitness Leader's Handbook

G. Eggar and N. Champion List price £13.99  
*A&C Black*  
ISBN: 0713650915 Quantity

### Fitness Aerobics (Fitness Spectrum Series)

L. Brick List price £11.95  
*Human Kinetics Publishers*  
ISBN: 087322471X Quantity

### Body Fitness and Exercise: Basic Theory and Practice for Therapists

M. Rosser List price £15.99  
*Hodder Education*  
ISBN: 0340789565 Quantity

### Fitness for Sport

R. Hazeldine List price £8.99  
*The Crowood Press*  
ISBN: 1861263368 Quantity

### Weight Training Steps to Success

T.R. Baechle & B.R. Groves List price £12.95  
*Human Kinetics Publishers*  
ISBN: 0880117184 Quantity

### Applying Psychology to Sport

B. Woods & R. McIlveen List price £8.99  
*Hodder & Stoughton*  
ISBN: 0340647604 Quantity

### Sport Psychology

A.D. Leunes & J.R. Nation List price £34.99  
*Nelson Hall*  
ISBN: 0830413065 Quantity

