

Swedish Massage

When muscles are overworked, waste products such as lactic acid can accumulate in the muscle, causing soreness, stiffness, and even muscle spasm.

Massage improves circulation, which increases blood flow, bringing fresh oxygen to body tissues. This can assist the elimination of waste products, speed healing after injury, and enhance recovery from disease.

Therapeutic massage can be used to promote general well-being and enhance self-esteem, while boosting the circulatory and immune systems to benefit blood pressure, circulation, muscle tone, digestion, and skin tone.

It has been incorporated into many health systems, and different massage techniques have been developed and integrated into various complementary therapies.

What is it?

Massage therapy is the systematized manipulation of soft tissues to relax and normalize the muscles. Touch is the core ingredient of massage therapy. The therapist learns specific techniques for massage and use their sense of touch to determine the right amount of pressure to apply to each person and locate areas of tension and other soft-tissue problems.

We use a variety of physical methods including applying fixed or movable pressure, holding, or causing movement to the body. Therapists primarily use their hands, but may also use their forearms, elbows, or feet.

The basic goal of massage therapy is to help the body heal itself and to increase health and well-being.

12,000

years old

150

massage
techniques

45min

promotes better
sleep



A brief history

Massage has been recorded as far back as 3000BC in China. In India massage has always been part of traditional Ayurvedic medicine, seen as the basis of healing and prolonging life.

The word massage originates from many languages

In Latin massa means *'that which forms a lump'*

In Greek massein means *'to knead'*

In French masser means *'to rub'*

Herodicus, a fifth century-physician wrote about the benefits of massage and Hippocrates (the father of medicine) believed all doctors needed to know how to use massage for healing purposes.

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