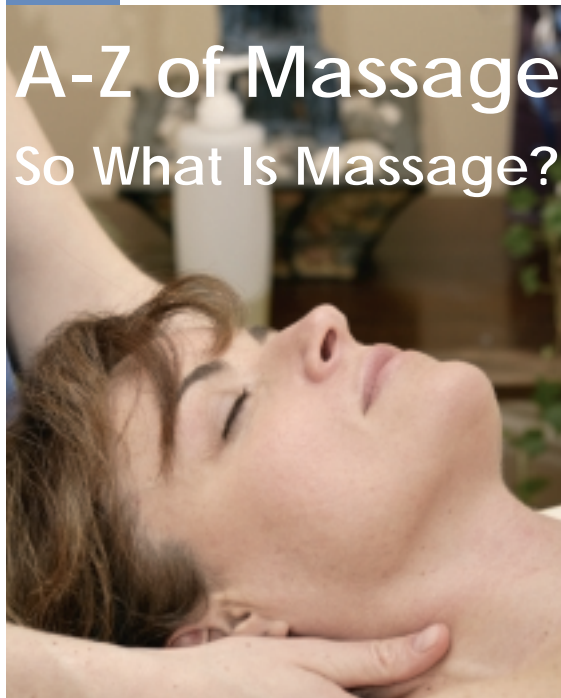




A-Z of Massage Therapies

A-Z of Massage So What Is Massage?



Massage and bodywork therapies can be defined as the application of various techniques to the muscular structure and soft tissues of the human body. These days massage isn't just for feeling good, it is a holistic therapy that reduces the heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins, the body's natural painkillers.

Therapeutic massage enhances medical treatment and helps people feel less anxious and stressed, relaxed yet more alert. It had been said that, "Massage is to the human body what a tune-up is for a car."

Specifically:

Massage: The application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue

while improving circulation. The many variations of massage account for several different techniques.

Bodywork: Various forms of touch therapies that may use manipulation, movement, and/or repatterning to affect structural changes to the body.

ACUPRESSURE

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural healing abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force (sometimes known as qi or chi) to aid healing. Acupressure can be effective in helping relieve headaches, eye strain, sinus problems, neck pain, backaches, arthritis, muscle aches, tension due to stress, ulcer pain, menstrual cramps, lower backaches, constipation, and indigestion.

AROMATHERAPY

The use of essential oils (extracted from herbs, flowers, resin, woods, and roots) in body and skin care treatments is known as aromatherapy. Used as a healing technique for thousands of years by the Egyptians, Greeks, and Romans, essential oils aid in relaxation, improve circulation, and help the healing of wounds.

AYURVEDA

An ayurvedic massage is one part of the traditional detoxification and rejuvenation program of India called panchakarma, in which the entire body is vigorously massaged with large amounts of warm oil and herbs to remove toxins from the system. With the client's permission, oil is also poured



into the ears, between the eyebrows, and at specific chakras, or energy points, during techniques known respectively as karna purana, shirodhara, and marma chikitsa.

The Alexander Technique

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- Self awareness
- Freedom from strain

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