

BENEFITS OF MASSAGE THERAPY

Massage therapy not only provides relaxation and relief to muscle strain and fatigue, a therapeutic massage may improve your health. There are many benefits to massage therapy, including physical, emotional, and physiological improvements in the body.

Why get a massage?

Imagine a long day of standing on cement floors, lifting heavy boxes, sitting at a desk or computer. Your back is killing you, there is a sharp pain in your shoulder, and your temples are throbbing. Fatigue, repetitive motion, muscle strain, or staying in one position for an extended amount of time could cause any or maybe all of these symptoms. There are many reasons a person may desire or need a massage. The above example covers 80-90% of the cases a massage therapist sees.

It's your body's way of saying, "slow down and take it easy". How you respond to these symptoms determines how you will feel. What if your stress, pain, tension, and fatigue could be purged from your body through therapeutic massage? Would you get one?

Physical benefits.

During massage therapy, the massage therapist works the tension out of stiff and sore muscles, encouraging their patient to relax. This may help the person receiving the massage on many levels: his muscles feel relaxed and are no longer sore, he is relaxed and no longer tense, and the muscles loosen, allowing a larger range of motion.

Emotional.

As certain muscles are massaged, emotions may be released. The kneading motions cause a person to relax, releasing tension. Stress and tension is often rubbed away with any aches or pains in the body.

Physiological.

Studies performed by the Touch Research Institute at the University of Miami indicated that the immune system improved by increasing white blood cell counts. Therapeutic massage is used as a treatment for many illnesses and during the recovery period after surgery. Scientists believe that this deep, healing massage triggers the release of certain chemicals in the body that helps combat illnesses and speeds recovery.

Massage therapy – is it right for you?

The power of touch has miraculous effects: for the very young to the very old, for the terminally ill to the marathon athlete, and for the stay-at-home mum to the over-stressed executive. Massage has the power to relax. Heal, and help release emotions and tension without the aid of drugs.

When deciding whether you want to get a massage, consider your health and your needs. As long as you do not have any serious health conditions, this alternative, drug-free therapy may be the right treatment for you.

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