

Massage is one of the oldest, simplest forms of therapy. It is a system of stroking, pressing and kneading different areas the body to relieve pain, relax, stimulate and tone the body. Massage does much more than create a pleasant sensation on the skin, it also works on the soft tissues, such as the muscles, tendons and ligaments, to improve muscle tone.

Although it largely affects those muscles just under the skin, the benefits of massage may also reach the deeper layers of muscle and possibly even the organs themselves. It also stimulates blood circulation and assists lymphatic system, which runs parallel to the circulatory system, improving the elimination of waste throughout the body.

### **Physical Benefits of Therapeutic Massage**

- Helps relieve stress and aids relaxation.
- Helps relieve muscle tension and stiffness.
- Alleviates discomfort during pregnancy.
- Promotes deeper and easier breathing.
- Reduces blood pressure.
- Helps relieve tension, related headaches and effects of eye strain.
- Enhances the health and nourishment of skin.
- Rehabilitation after injury.

### **Mental Benefits of Therapeutic Massage**

- Foster peace of mind.
- Promotes a relaxed state of mental alertness.
- Helps relieve mental stress.
- Improves ability to monitor stress signals and respond appropriately.
- Enhances capacity for calm thinking and creativity.
- Emotional benefits.
- Fosters a feeling of well-being.
- Reduces levels of anxiety.
- Creates body awareness.
- Increases awareness of mind-body connection.