

## Massage Therapy Information

Many types of massage offer benefits beyond simple relaxation. Studies have shown that massage therapy can have not only physical benefits but also emotional as well.

### SWEDISH

Swedish massage is the most common and best-known type of massage. If it's your first time at the spa or you don't get massage very often, Swedish massage is the perfect massage for you. During a Swedish massages, the therapist lubricates with massage lotion or oil and performs various massage strokes. These movements warm up the muscle tissue, releasing tension and progressively break up muscle "knots". Swedish massage promotes relaxation, among other health benefits.

### DEEP TISSUE

Deep-tissue massage is a specific type of massage therapy that focuses on the deep layers of muscle in the body; and recommended by many doctors as a treatment option. By using deep finger pressure and slow, firm strokes, deep tissue massage is used to treat a variety of physical ailments.

### SPORTS

A sports massage is a type of therapy geared toward athletes and the particular strains they place on their physiques. A sports-massage therapist is trained in applying methods to help athletes avoid injuries, cool down after exertion and increase their overall performance. Proper sports massages should focus on increasing motion and flexibility, relieving muscle tenderness, and stimulating a quick recovery from muscle overuse.

### REFLEXOLOGY

Reflexology is an alternate therapeutic treatment based on the idea that areas of the feet, hands, and ears are associated to other areas of the body. According to reflexology, pressure applied to the right reflex points can correct problems with correlating body parts, organs and ones.

### CRANIAL SACRAL THARPY

Craniosacral massage therapy is a holistic therapy that involves detecting the cranial rhythm, which is similar to the pulse in the body's blood vessels. A massage therapist then makes slight pressure adjustments using the fingers to balance the fluid in the head, neck and back. Craniosacral massage therapy is used to help treat people who suffer from migraines, arthritis, allergies, back pain, neck pain and jaw problems. This therapy may also promote states of deep relaxation.

### GERIATRIC

This type of massage concentrates in providing relaxing massages to mature clients to stimulate flexibility and relieve joint pain. Due to the delicate nature of many mature clients, the geriatric massage therapist must treat his patients gently to avoid bone fractures, muscle irritation or bruising.