

# MASSAGE THERAPY – An Overview

## Experience the Art of Massage

Experience a form of healing and relaxation that has been around for centuries. Experience the art of massage.

## What Massage can do for you

Everyone can benefit from a professional massage. Massage therapy can:

- provide anything from soothing relaxation to deeper therapy for specific physical conditions
- relieve symptoms of stress and anxiety
- increase the nourishing blood supply to your tissues
- improve energy and alertness
- aid you recovery from pulled muscles or sprained ligaments
- ease many of the uncomfortable stresses of child-bearing, including edema, backaches, and exhaustion
- relieve certain repetitive motion injuries related to on-the-job activities
- greatly reduce your pain, if you suffer from such problems as temporal mandibular joint dysfunction (TMJ) or carpal tunnel syndrome
- compensate, at least in part, for lack of exercise and muscular contraction if you are a person who, because of age, injury or illness, is forced to remain inactive

## A Healthy Response

Once your massage is underway, a whole range of beneficial reactions is set in motion. The therapy can:

- hasten the elimination of waste and toxins stored in your muscles
- increase the interchange of substances between the blood and tissue cells
- heighten the oxygenation of tissues
- stimulate the relaxation response within your nervous system

All of these responses can:

- help to strengthen your immune system
- improve your posture
- increase your joint flexibility and range of motion
- lower your blood pressure

There are some instances when the use of massage might not be appropriate. Be sure to consult you physician before initiating any massage program. An experienced massage therapist will also be able to tell you when massage is not indicated.

## What you can expect

Your massage therapist will do everything possible to ensure that your experience is positive and rewarding. You'll be asked about your reasons for getting a massage, current physical condition, medical history, lifestyle, stress level, areas of pain, and other pertinent topics. You'll be asked to undress in private and drape yourself with the sheet, towel, or gown provided by the therapist. You may leave your underwear off or on, at your discretion. You'll lie down on a comfortably padded massage table. The therapist will undrape only the part of your body being massaged, ensuring that your modesty is respected at all times.

You should expect a peaceful and comfortable environment for your massage. Report distractions of any kind to your therapist, whether from physical discomfort, room temperature, volume of music, or any other source.

Relax and experience the art – and science – of massage.