

Swedish Massage

What is Swedish Massage?

Swedish massage therapy is the modality that comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for:

- ❖ increasing the level of oxygen in the blood
- ❖ decreasing muscle toxins
- ❖ improving circulation flexibility while easing tension.

A study conducted by the National Center for Complementary and Alternative Medicine, and published in The New York Times, found that volunteers who received a

45-minute Swedish massage experienced significant decreases in levels of the stress hormone cortisol, as well as arginine vasopressin—a hormone that can lead to increases in cortisol. Volunteers also had increases in the number of lymphocytes, white blood cells that are part of the immune system, and a boost in the immune cells that may help fight colds and the flu.

Generally regarded as the most common form of massage, Swedish massage involves a combination of five basic strokes and concentrates on the muscles and connective tissues of the body for improved circulation, relaxation, pain relief, and overall health maintenance and well-being. Swedish massage is also one of the less demanding techniques for massage therapists to practice usually does not involve

Additional Swedish massage techniques

- ❖ Circular pressure applied by the hands and palms
- ❖ Firm kneading
- ❖ Percussion-like tapping
- ❖ Bending and stretching

Before and during your Swedish massage session, communication is encouraged with your professional massage therapist so that your massage is customized to your specific needs.

deep-tissue work.