

What are massage benefits?

Everything you need to know...



Mayo Clinic recommendations:

Massage used to only be available at high-end spas or health clubs. Some people viewed it as a luxury for the wealthy or a code word for illegal activities. Now massage is widely available and viewed as an important tool in promoting mental and physical health.

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage may range from light stroking to deep pressure. It's generally considered part of integrative medicine.

Massage is increasingly being offered along with standard treatment for a wide range of medical conditions and situations. If you have never tried massage, read on to learn about its many benefits.

A common misconception about massage is that it's only part of a spa day and intended for pampering yourself. While this may be true for some people, it is most frequently a tool for stress reduction and pain relief.

Before a massage:

Hydration

Drink plenty of water in the 24 hours leading up to your massage. Well hydrated muscles and connective tissues are more pliable, allowing your therapist to work more effectively and reducing post-massage soreness. Hydration also helps flush metabolic waste released during the treatment, supporting detoxification and recovery. Herbal teas or electrolyte drinks can supplement water intake but avoid alcohol as it dehydrates and can increase post- massage discomfort.

Meals

Eat a light meal 1-2 hours before the session.

Hygiene and clothing

Shower a few hours before the appointment, but avoid it immediately before the treatment to prevent feeling faint from increased circulation. Wear loose,

comfortable clothing, that is easy to remove or adjust, allowing your therapist to access to areas where needs treatment.

Health

considerations

Before the treatment I will ask about medical conditions and history, allergies operations...etc.

I kindly ask to avoid massage if you have fever, contagious illness, skin irritation, sunburn or recent trauma, until cleared by a doctor. This ensures your safety and prevents exacerbating any conditions.

Additional

tip

Arrive early to relax and complete the necessary forms. **Communicate** your massage **goals** and any **discomfort** during the session to allow adjustments.

By following these steps, you can ensure a more comfortable, effective and rejuvenating experience.

During

the

massage:

Some people think that massage must hurt to help. But a massage doesn't need to be painful to be effective.

If your massage therapist is pushing too hard, **ask for lighter pressure.**

Occasionally you may have a sensitive spot in a muscle that feels like a knot.

It's likely to be uncomfortable while your massage therapist works it out. But if it becomes painful, speak up. Most serious problems come from too much pressure during a massage.

Respect boundaries. Massage is a therapy for relaxation, release and healing it **DOES NOT contain** sensual elements. I would highly recommend relaxing and focusing inside. If you prefer to talk, please avoid inappropriate topics like politics, religion and sexual innuendo.

Relax and Breathe

After a massage

It's common to feel relaxed, tired or even sore after a massage. This is because your muscles are being worked by the massage therapist. After a massage, it may feel like you completed a workout. It is possible to experience a headache or nausea after a massage.

Some specific conditions that massage can help include:

- Anxiety
- Depression
- Digestive disorders
- Fibromyalgia
- Headache
- Insomnia
- Nerve pain
- Postoperative care
- Scar tissue
- Soft tissue strains and injuries
- Sports injuries
- Temporomandibular (TMJ) disorders

Physical benefits

For most patients, massage therapy is an important part of specific medical treatment plans to help them return to daily activities. For example, massage therapy is helpful after joint replacement surgery or injury.

Physical benefits of massage include:

- Improved circulation
- Decreased muscle stiffness
- Decreased joint inflammation
- Better quality of sleep

