

Complementary Therapy Project

Swedish Massage

What is Swedish Massage?

The Swedish Massage technique was developed by a Swedish doctor in the 1700's. The term Swedish Massage refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

Most modern therapies use Swedish Massage techniques as the basis of their treatment and blend these with other actions to develop into a different therapy. The technique is known to have benefits in terms of relieving stress and tension.

What does the treatment involve?

At the start of the first treatment session you will be able to sit down with the therapist and discuss any recent medical issues. You will then be left alone in the treatment room to undress and lie face down on the massage couch, covering yourself with a towel.

The therapist will then re-enter the room and using a massage oil will use a range of massage strokes to manipulate the surface and the deeper muscles. The strokes used as part of a Swedish Massage include: kneading, long strokes, tapping, percussion and effleurage. At the end of the treatment session, you will be left alone in the room to get dressed in private. Treatment sessions last about 1 hour 15 minutes.

How does the therapy work?

The aim of the treatment is to increase the oxygen flow in the blood and to release toxins from the muscles. Swedish massage reduces the recovery time from muscles injuries, by flushing the tissues of lactic acid and other metabolic wastes. It also increases circulation without increasing the load on the heart. The massage stretches the ligaments and tendons helping to keep them supple. Swedish massage can also be used to stimulate the skin and nervous system and helps to sooth the nerves.

What are the Benefits of Swedish Massage?

- Will leave you feeling relaxed and invigorated.
- Promotes the bodies own natural healing response.
- Boosts circulation.
- Releases stored stress and tension.
- Helps clear toxins from the body.

What can Swedish Massage treat?

Swedish massage can be used to treat a number of conditions including: • Stress • Anxiety • Insomnia • Depression • Arthritis • Cold and Flu Symptoms • Back Pain • Shoulder and Neck Problems • Muscular Aches and Pains • Headaches • Migraines • Digestive Problems • PMT • Menopausal Problems • Sinus Problems.