

Swedish Relaxation Massage

Swedish Relaxation Massage is the most common and best-known type of massage.

If it's your first massage or if do not often receive massage, Swedish Relaxation Massage is the best place to start. The primary goal of this massage modality is to relax the entire body.

Swedish Relaxation Massage is also beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

These 5 techniques were developed by Swedish Doctor Henrik Ling, a physical therapist, developer and teacher of medical-gymnastics:

Effleurage: These are the sliding or gliding Swedish Relaxation Massage techniques that cover different areas of the body. They are long sweeping strokes that alternate between light and medium pressure and performed using the palm of the hand or the fingertips.

Petrissage: This is the technique of kneading the muscles of the body. The thumbs and the knuckles of the fingers are used to knead the muscles of the body and to squeeze them to prepare them for the other Swedish Relaxation Massage techniques that follow.

Tapotement or Rhythmic Tapping: This technique consists of rhythmic tapping that uses the fists of the cupped hands. This helps to loosen and relax the muscles being manipulated and also helps to energize them. The sides of the hands are used in this massage technique.

Vibration or Shaking: This technique helps to loosen up the muscles by using a back and forth action of the fingertips or the heel of the hand over the skin. The muscles of the body are literally shaken up to loosen and relax the muscles. The sides of the hand, and any part of the hand such as the tips or heel can be used by the masseuse to shake up the muscles of the person.

Friction: This move seeks to create heat to bring about relaxation of the muscles. The palms of the hand are rubbed together vigorously with each other, or they are rubbed onto the skin of the person being massaged in order to produce heat by friction. This technique can be used as a warm up for the muscles of the body to be treated for deeper massage.

After Swedish Relaxation Massage it's important to drink lots of water to help flush lactic acid out of the tissues. It's possible you might feel some soreness the day or two after.

If you seek relief from chronic muscle pain and you're able to tolerate more direct pressure, greater long-term therapeutic benefits can be achieved by receiving **Deep Tissue Massage**.

Before and during your massage session, communication is encouraged with your Licensed Massage Therapist (LMT) so your massage is customized to your specific desires and needs.