

Running the Distance Sports Massage

SWEDISH MASSAGE

Swedish massage is a gentle massage technique, is light on pressure usually the client get to relax and most of the time they get sleepy during the massage. During the Swedish massage promotes relaxation. The techniques that may include during the massage are long strokes, kneading, friction, tapping, percussion, vibration, effleurage, and shaking motion. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Benefits of Swedish Massage

The benefits of Swedish Massage feels good, is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation system, while promoting health and well being.