

BENEFITS OF SWEDISH MASSAGE

There are almost as many types of massage available as there are benefits to the practice. Different people find the use of different styles of massage more effective and are likely to recommend those types to others because of their successful experiences. However, when determining what type of massage, you would like to use, it is important to match up the type of massage with the desired effect to find the style that would be most effective for you. In this way, your massage experience can be personalized to your physical needs, which will make it more likely to be effective. Swedish massage, while popular, is one type of massage that is not for everyone. By looking at its benefits, you can decide if Swedish massage might be best for you.

STRESS RELIEF

Relieving stress is one of the most popular reasons for people to seek massages. There have been many scientific studies done on the topic, which show that those who receive massage therapy have lower stress levels and can handle stressful situations more effectively. Swedish massage, like many other types of massage, is one-way people can relieve stress in their lives.



RELAXATION

Stress relief and relaxation go together, and both are a commonly known benefit of all types of massage. However, while stress is one cause of tenseness, which can be eased through Swedish massage, there are other causes of tenseness that must be addressed, as well.



Some people have physically demanding jobs that can cause muscle tension. Even if you are not stressed because of the job, using, pushing, and straining muscles can cause tension, which can have negative effects on your health. Through Swedish massage muscle tension is eased, providing you with overall physical relaxation, which can, in turn, lead to mental and emotional relaxation.

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INCREASED CIRCULATION

The movements used in Swedish massage are similar to the way the body circulates blood. Because of this, Swedish massage can promote healthy circulation, increase blood flow, and help the body remove metabolic waste more quickly and effectively. Better circulation not only helps you feel better but improves overall health since increased circulation and blood flow means other organs can work more effectively.



PAIN RELIEF

Another major benefit of Swedish massage is pain relief. As the muscles are relaxed and circulation increased, the body is put at ease, and pain is relieved. Not only can Swedish massage be used to ease pain as a result of an injury or muscle tension, but it can also be used to manage chronic pain that comes with several illnesses and conditions, such as arthritis or fibromyalgia. By decreasing pain, Swedish massage can help patients relax, which can improve overall health and recovery.



COMPLEMENTARY ALTERNATIVE MEDICINE

Swedish massage is often used as part of a patient's treatment program for illness, injury, or disease. It is considered complementary alternative medicine because it is not medicine-to patients. In many cases, Swedish massage to work medications or other a patient recover and work massage can be part of a patient's health, which total wellness—mind, body, promote health. Since therapy have physical, benefits, Swedish massage supplement traditional



based but is still beneficial physicians may prescribe in conjunction with treatments in order to help toward health. Swedish holistic approach to a helps address the patient's and spirit—in order to massage and massage mental, and emotional is an effective treatment to Western medicine.

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Swedish massage, like many other types of massage, has many benefits that not only provide positive physical changes, but mental and emotional changes, as well. Stress and pain relief, increased circulation, relaxation, and complementary alternative medicine are just some of the benefits that come with regular Swedish massage. If you need one or more of these benefits, visiting a certified massage therapist, experienced in Swedish may help bring you closer to overall health and happiness.