

Massage Therapy



Massage is a good treatment to relieve tension and stress. It helps you relax by reducing your anxiety level. But did you know that massage can also have a positive effect on the way your skin looks? Yes! Massage helps the circulation in the skin because as soon as the pressure applied in the massage procedure flows more blood into congested parts, blood flow gets easier.

The stream of blood reduces pain since it permits the flow of nutrients in and waste out. The stream of blood also enables more fresh blood to flow to all the important organs in your body, thus making them function better. Another consequence of a full-body massage is that it improves the tone of your skin. Since the pressure is reduced in the digestive system, the liver can operate at optimal capacity because it receives more oxygen. The skin also will not simply look healthier, but it'll be softer as well.

So how does massage help your skin? If your skin is relaxed from strain and tension, it is significantly easier for the skin to rejuvenate itself and look younger. Regular massage will stimulate the nerves, improve blood flow, reduce stress hormones and enhance digestion. As mentioned earlier, the effects of massage go beyond the physical aspect, it also has a beneficial effect on your emotional state, therefore, giving you a sense of well being and

happiness.

The lymphatic system is an important part of the immune system. The lymphatic system is responsible for removing waste from the body and delivering it to your cells to be used. Massage increases the amount of lymphatic fluid present in the blood and improves the functioning of your lymphatic system. This explains why people who are regularly massaged tend to have healthier immune systems than those that are not. Massage increases the mobility of the lymph vessels and increases the flow of blood through the vessels, allowing nutrients to be carried to all areas of the body. It is thus considered that massage can lower the risk of infectious diseases and assists the immune system.

Circulatory problems and digestive problems are two other common ailments that massage can address. The increased circulation during and after a massage can help your body's tissues repair themselves and restore their elasticity. Digestion is affected by poor circulation, which causes a person to suffer from constant pain and is therefore a major cause of illness in society now. Circulation of the blood improves the digestive process by stimulating the nerves in it. This allows food to be properly digested and prevents constipation and other digestive problems.

The release of endorphins in your brain, as stated above, is another physiological benefit of regular massage therapy. Endorphins are a natural mood enhancer. It is also known as the "happy hormone" and has been scientifically proven to promote a sense of wellbeing, reduce pain and improve strength. In addition to these benefits, it is also widely accepted that a good massage therapist can help individuals suffering from muscle pain, arthritis, migraines and insomnia. Massage is effective in reducing muscle pain, because it releases natural opioids, the body's natural pain killers.

The act of massage therapy also helps relieve stress and anxiety in a person. Regular massages strengthen muscles, relaxes muscles and stretches muscles, assisting you to reduce your everyday stress and anxiety levels. If you suffer from chronic stress or anxiety, a massage therapist can help by using techniques like deep breathing exercises, increasing circulation and manipulating the muscles, thereby relieving stress and anxiety in a really natural way.

Research has proven that regular full-body massage promotes improved circulation and improved lymph flow, allowing more nutrients to reach the muscles and other parts of the body. This helps your muscles to recover faster after strenuous exercise or injuries. A full-body massage also helps increase your range of movement and enhances the flexibility of your joints. Overall, a massage therapist helps to relax your mind and body, and facilitates the overall health and wellbeing of a person.