

Advantages of Therapeutic Massage for people with Special Needs

There are many different types of massage and there are many benefits to having massages regularly. One of the types that has grown in popularity is aqua therapy or massage with water. Many people like this because they enjoy the feeling of being out in the ocean and getting a massage. Here are some facts about this popular form of massage therapy.

Watsu is also known as aqua therapy. It is comprised of hot springs, wraps and stretches. It also includes massage, acupressure, and Swedish massages using purified water. The word watsu comes from two words *tsu*, which refers to hot and *masu* meaning water.

In Japan Aqua therapists in Japan are known as "waraji". They are referred to as "zhuangsan" in China. They often make use of both cool and hot water. Sometimes, they also utilize mineral spring water to provide extravagant massages. This is one of the main reasons this therapy has been utilized for so many years to treat injuries, joint and muscle pain, and stress.

Acupuncture and chiropractic care therapeutic massage, and other similar services are all based on the same type of bodywork in the aquatic environment as well. Therapists who practice these modalities may place their fingers on the hands of the patient, or they may lightly place their hands in warm, pure water. This gentle manipulation releases healing energy, and can help release chronic pain and tension that have built up due to injury and tension in the nervous system.

Acupressure may be practiced in an office of a hot-water therapist or spa. The warm water utilized in therapeutic massage is also utilized to relax and renew the body. Combining acupressure with therapeutic massage can help relieve tension and promote healing. This is the reason they have become known together as aquatherapy. They promote a sense of well-being and relaxation and they help promote healthy balance of the body.

In addition to medicine, a person can receive <https://miromassage.com/>

a massage therapy, that can be done in the same space as an acupressure therapy session. The massage therapist is working with the client as the warm water massage is applied to the body. This kind of massage has been proven to aid in overcoming the effects of jet lag. It allows the person to relax and feel less tired upon their return to their country of origin.

Worldwide, bodywork that involves water can be done in many countries. Sometimes, there are massage therapists that specialize in this type of therapy. They are aware of the need of their clients to have an excellent massage. They understand the importance of their clients to be relaxed and at ease in a soothing environment.



There are many benefits of getting a shiatsu or water massage. Shiatsu is "finger pressure" while watsu is "warmer hands." Both watsu and shiatsu are part of an ancient form of Chinese medicine called TCM or Total Healing. TCM has been utilized for thousands of years and is being used throughout the East as an alternative to medical treatment.

Massage therapists have been trained using watsu and shiatsu techniques. When a massage therapist cradles the person receiving the shiatsu treatment, he or she puts both hands on the receiver's body and gently wraps the recipient. The therapist employs the watsu technique to alleviate tension and restore equilibrium. The person receiving the massage must feel every sensation, including pressure, heat, relaxation, and movement. A good

therapist ensures that his or her hands are gentle , but efficient.

Another advantage of getting a shiatsu or water massage is deep relaxation. To experience deep relaxation, the client should be calm and relaxed. The therapist may put the receiver on a flat surface or hold them down. If the therapist holds the receiver the person needs to be positioned to be relaxed during the massage and not feel self-conscious about being held down. If the therapist gently applies their hands on the receiver during a therapeutic Watsu or Shiatsu massage, the client will feel relaxed and relaxed.

Massage therapy also improves circulation. Aquatic bodywork is beneficial to those suffering from circulatory issues. It improves the flow of blood to the extremities, and also improves lymphatic drainage. Circulatory issues, such as hypertension, increase the risk for anxiety and stroke, both of which can trigger strokes.

People with disabilities should be offered services by massage therapists who offer bodywork in the water. These clients might have physical limitations that impact how well they can relax or stand up after standing for long durations. Many individuals with special needs also experience discomfort or stiffness, numbness and other discomforts. Water is a fantastic fluid that allows muscles to relax in ways that they aren't used to.