

# Different types of massage and their benefits

Massage has been practiced for thousands of years. It continues to be a popular therapeutic art. As alternative therapies become more commonplace as well, massage therapy is growing in popularity. The term "Oriental massage" is frequently used to describe massage therapy.

Watsu can also be called Japanese water therapy. Watsu refers to "water" in the Japanese language, but the majority of people consider it "massage". Watsu can be used in the same way as hydrotherapy to treat sore muscles and joint pain. But unlike hydrotherapy, the water's movements are focused more on stretching than massage. Watsu practitioners believe that if you stretch out muscles with enough pressure, the muscle will become flexible.

Water has been proven to bring relief to those suffering from Fibromyalgia. People suffering from FMS have experienced significant decreases in energy and pain as well as improved mental well-being. A study carried out at the Tokyo Metropolitan Research Laboratory of the National Institute of Neurological Disorders and Stroke showed that patients with chronic fatigue syndrome who received massage therapy had significant reductions in pain, as well as improved functionality and sleep quality. In a separate study, healthy women with fibromyalgia reported significant relief from pain and improved mental health after receiving massage therapy. One of the contributing factors in fibromyalgia is depression. massage can relieve symptoms of depression in some patients. Additionally, studies have revealed that massage can help alleviate the symptoms of anxiety, depression insomnia, depression, and mood disorders.

A trained, licensed professional is required to perform massage therapy for patients suffering from Fibromyalgia. Some states have laws that require that massage therapists be certified or licensure. If you're not certain whether your therapist is in compliance with these requirements, call the state Board of Certification to find out. Before you schedule a session ensure that he or was certified or licensed.

To be able to perform the different techniques employed by massage therapists in healing it is essential to know how everything works. Massage is a range of techniques to control pressure points in the body. This helps to release the tight, knotted, dry muscles that can cause stiffness and muscle tension. FMS is mostly caused by muscle tension. Relaxation therapists employ stretching techniques, also referred to as Acupressure, in order to stimulate the same muscle groups , but in a different way so that both muscle groups are affected.

Acupressure, the most well-known type of FMS, can be applied by the fingers or using hand pressure to the problem area. This is done by using various techniques, such as pressure points, rolling, shaking, rubs and a host of other methods. In a massage, the therapist is required to position his or her hands along to the body of the client and then apply pressure to achieve the desired results. Although many believe that an FMS is a straightforward

rubdown, it is actually a variety of different levels of treatment based on the requirements of the individual patient.

During a traditional water therapy session the therapist will adjust and massage various joints in the body, such as the pelvis, ribs, spine, wrists, elbows, shoulders, and shoulders. The sessions last between 15 and 30 minutes. They will involve the patient lying down on an exercise table. The patient will be encouraged to stretch, flex and move each area of the body, while remaining in a still position. A session of water therapy typically includes a gentle massage using oils.

Shiatsu is a gentle alternative for massage. Shiatsu was first developed in Japan. It is also known as "finger pressure massage". Shiatsu is used to aid people in relaxing and relieve the pain caused by applying pressure to specific body parts. It is effective in reducing stress and tension and can also be extremely soothing. Therapists are available in your area who offer shiatsu treatments.