

## ***The Benefits of Body Massages on Quality of Life***

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Some say that people who undergo weekly body massage sessions, no matter what type, live longer than others. Not for nothing, besides aesthetic and relaxing purposes, massage therapy, a technique that consists of a set of firm touches with hands and apparatus on certain areas of the body, is indicated to relieve muscle pain, reduce stress and tension, eliminate trauma and control from anxiety to depression. Some techniques are so powerful that they strengthen the immune system, improve blood circulation, contribute to the digestive process and even treat high blood pressure. It is perfectly understandable that people who undergo this type of body therapy live longer and better, because massage therapy, in addition to all the benefits described above, originally oriental, was born in order to unite body and mind, as well as Yoga, as a technique of self-knowledge and acts in the physical, psychological and spiritual field.

### **Dermatology and Facial Massages.**

Despite an infinite variety of skin care beauty products, there are some massage techniques specially developed to enhance the action of these products, such as manual lymphatic drainage, which aims to improve lymphatic flow and reduce facial swelling, and Facial drainage, which helps in blood circulation and in combating fluid accumulation. These techniques do not dispense the dermatologist, quite the contrary, add value to their diagnoses and prescriptions.

### **Healing massages.**

Below are some of the most common techniques in Brazil that are used to treat the symptoms of some diseases related to poor joint, depression and even kidney malfunction. Remember that despite treating the symptoms, body massages do not cure serious diseases, which should be closely observed by a doctor.

#### **Shiatsu:**

- Acts in balancing the body's energy channels / Brings well-being and helps fight insomnia and anxiety / Improves circulatory system, posture and relieves physical pain.

#### **Ayurvedic:**

- Releases harmful toxins present in muscles / Presents antidepressant effects.

**Sports:**

- Relaxes and restores muscles / Improves blood circulation / Oxygenates cells / Acts to restore physical vigor.

**Abhyanga:**

- Unlike Ayurvedic, this technique uses nourishing oils, according to the patient's biological characteristics, which assist the body in eliminating toxins.

In addition to the techniques mentioned above there are others less well known in our culture, such as Foot Reflexology, Do-in and Tuina. But always remember, before making an appointment, consult a specialist doctor to see if the techniques involved are appropriate for your type of problem and require massage therapist certification. The market is full of unqualified people who may end up further compromising their health.

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