

*Gift Vouchers  
available*

## Therapeutic Massage

by  
Sarah Williams<sup>APNT</sup>



Sarah Williams

Therapeutic Massage uses a variety of techniques specifically designed to **relax muscles** by applying pressure to them

The main purpose of massage is to increase the oxygen flow in the blood and release toxins from the muscles. Treatment can shorten **recovery** time from muscular strain by flushing the tissues of lactic acid, uric acid and other metabolic wastes. Massage reduces stress, both emotional and physical, and can be beneficial in **stress management**. Overall, treatment through massage feels good, is relaxing and rejuvenating. It affects the nerves, muscles, glands, and circulation, while promoting health and **wellbeing**

Massage has many benefits, including:

- ❖ Promotes feeling of deep relaxation
- ❖ Helps to relieve muscle tension
- ❖ Improves circulation
- ❖ Aids lymphatic system
- ❖ Improves digestion
- ❖ Eases painful, sore joints
- ❖ Improves disturbed sleep patterns

### Costings:

45 Minute Treatment .....	£30
1 Hour Treatment .....	£35

For more information contact **Sarah Williams**, qualified in Therapeutic Massage and Lymph Massage, member of the Association of Physical and Natural Therapists, on:

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### *What is a massage like?*

Massage can release painful muscle tension, improve circulation, increase joint flexibility, and reduce mental and physical fatigue. In addition, massage is among the most effective means available to combat stress.

### *What is a Massage Therapist?*

Massage Therapists have completed many hours of education, which includes a variety of techniques, extensive anatomy and physiology, and knowledge of when massage is and is not appropriate.

### *What is the first appointment like?*

Your massage therapist will begin by asking you general health questions since there are some conditions for which massage is not appropriate. This consultation time also allows you to begin to relax in the company of the therapist.

Unless receiving just a hand and foot massage, most people undress to their underwear and are asked to remove jewellery. Your therapist will give you privacy to undress and during treatment you are covered except for the area being worked on.

You will relax on a padded couch designed for stability and comfort. The room will be warm and quiet, often with soft music to set a relaxing mood. A light oil or lotion is used, which is good for your skin and absorbs well. A massage usually begins with relatively gentle pressure to calm your nervous system and begin releasing superficial tension. Gradually your therapist works more deeply to address specific areas.

### *What should I do during a massage?*

Make yourself comfortable. If your therapist wants you to adjust your position, he or she will either lift you (for instance, lift your arm) or will tell you what is needed. Otherwise, feel free to change your position anytime to make yourself more comfortable.

Many people just close their eyes and relax completely during a session; others prefer to talk. It's your massage, and whatever feels natural to you is the best way to relax. The desire to sigh or take a deep breath is a sign that you are relaxing. In fact, deep breaths can actually help you relax.

### *How will a massage feel?*

Massage on healthy tissue feels good. The normal response is to slow down, breathe deeply and relax. Some people are surprised to find that a massage does not tickle. Your massage therapist uses gentle but firm pressure, gradually preparing you for deeper touch.

Working in the area of a previous injury or chronic pain may at first cause some discomfort, which usually lessens in the first few minutes. Your massage therapist knows ways to minimise pain, and will work carefully within what feels right to you. Always tell your therapist if you feel any discomfort so that she or he can adjust.

### *How long is a session?*

An hour is a common session length. This gives time for a deeply relaxing massage, or more in-depth work on a particular area. A half-hour session can be an excellent introduction to massage.

### *What should I expect afterwards?*

Massage can be profoundly relaxing, affecting all your body's systems. Give yourself time before slowly getting up off the couch. Your therapist will advise you to drink plenty of water after the treatment to assist with the elimination of toxins from the body.

After an initial period of feeling slowed down, people often experience an increase in energy that can last for several days.