

Massage and... **swedish massage**

What is Swedish Massage?

Swedish massage is a very popular form of massage in which the therapist works the client's muscles and associated tissues using hands, fingers, forearms and elbows. Techniques include smooth, stroking movements, wringing, kneading, holding, squeezing, pressure, percussion/striking, mobilisations (movements performed for the client by the therapist) and stretches, with oil or lotion normally used to increase their effectiveness.

A consultation takes place before each treatment to ensure the massage will be safe and appropriate for the client. The therapist will tailor each massage to the needs to the client, with the choice of techniques, application, pressure and so on selected to provide maximum benefit, so no two massage treatments will be exactly the same.

The client is partially or mostly unclothed throughout the massage, which is performed on a specially designed treatment table, with towels or sheets used to provide comfort and protect the client's modesty.

Effects of Swedish Massage

For that floating on air, blessed out effect, Swedish massage is hard to beat, but it's much more than just a luxurious treat.

As well as being an excellent way to relax and ease the tension we accumulate in our daily lives, it can provide safe and natural relief with a variety of conditions such as arthritis and M.E. Besides which, the effects of relaxation and destressing on the body should not be underestimated, as stress has far reaching implications for all aspects of our health.

Whether you spend lots of time in an office chair or keeping fit, you'll appreciate the way Swedish massage soothes tired and aching muscles. And if recovering from injury it can speed up healing time and reduce formation of scar tissue to help restore mobility and leave you feeling that bit more 'connected' again.

The holistic approach

No two people react to massage in exactly the same way, which is one reason therapists shouldn't work to 'recipes'. Each client is assessed and treated as an individual rather than a collection of symptoms, taking into account factors as diverse as personality, occupation, stress levels, childhood accidents and so on to ensure each massage is as effective and pleasant as possible.



Massage Therapy
by **David Cole DSM SMT0**

Hawthorn Health Clinic
318 Gilmerton Road, Edinburgh
Tel: 0131 664 3633

Aditi Holistic Health
5 Alva Street Edinburgh
Tel: 0131 226 2601

For more info:
www.davidcole.info