

Swedish Massage

Cathy Fernie BSc (Hons)

Cheryl Finch ADCA VTCT

Massage in some form has been used for thousands of years and is possibly one of the oldest forms of therapeutic disciplines still being used today. The Chinese, Greeks and Romans were big advocates. Swedish massage as it is used today was popularised and formalised by the Swedish academic Per Henrick Ling in the 19th Century. Although it works primarily on the soft tissue of the body – muscle, tendons and ligaments, it is very stimulating, yet calming to all the systems of the body. The value and importance of touch cannot be underestimated in the healing process. Sensitive hands can seek out and soothe areas of tension, they can also play a vital role in communication – conveying care and nurturing, which may be lacking in our day to day lives. It can prove an essential part in improving the quality of our lives. In the modern world we live in, with its high levels of stress, it is fully recognised as a fabulous way to relax both body and mind. The body feels energised, blood pressure is reduced and the mind feels calm and relaxed.

The movements used are classic massage techniques, which have a variety of benefits and effects, depending on the speed and depth employed. This is a “full body” treatment –if you are suffering from a specific condition which you feel needs attention e.g. frozen shoulder, sciatica, lower back pain, it may be more advisable to have a therapeutic massage which can be more tailored to your needs.

An initial consultation is taken to ensure the appropriateness for treatment. You will then be asked to undress to your underwear; towels are placed over the body, leaving only the area being worked on exposed. Treatments can be booked for 1 hour.

Key effects of massage

- Improved circulation – increased levels of oxygen and nutrients and an improvement in the elimination of waste products to the muscles and all systems of the body.
- Better lymphatic flow – aiding elimination of waste products from cell metabolism and improving the immune function.
- Reduces muscular tension.
- Greater mobility and flexibility of joints in their range of movement.
- Stretches the muscles and fascia, reducing adhesions, spasms and providing relief from acute and chronic pain.
- Reduces swelling and water retention.
- Stimulates the nerve endings, improving muscle tone and revitalising the body, whilst refreshing the mind.
- General relaxation.
- Reduces stress levels.

For further information or to book a free consultation please call 01283 516444