

Can Massage Actually Improve Your Health?

By Susan Perkins, CMT

Everyone knows massage feels great, but many people don't realize just how much of a positive impact massage can have on health conditions, athletic performance, and chronic and acute pain.

Massage is a message to the body. It combines energy, science, communication, and the experience of touch. Therapeutic massage is the direct manipulation of soft tissues by use of the hands, palms, fingers, fists, forearms, elbows, and even feet to aid in relaxation, pain relief, and to treat specific problems for the restoration of well being.

The proper general direction of strokes should work with the body's natural tissue flow toward the heart. One of the basic goals of massage therapy is to lengthen shortened tissue and to stimulate weakened muscles. Some benefits of massage include:

- Decreased stress
- Decreased muscle tension
- Increased blood supply and nutrients to the muscles
- Increased flexibility
- Detoxification
- Lower blood pressure
- Enhanced immune system
- Improved energy
- Improved sleep

Tell HOW massage does these things – for example increasing blood flow, carry away toxins – that's why it is important to drink water after a massage.

Research studies also show that massage increases endorphins which naturally help the body feel less pain. Massage is a message to the body saying feel good.

Massage is not just a luxury found in exotic spas. It can be found as far back as 15,000 BCE depicted from European cave paintings, and from 3000-2000 BCE in Chinese records. It was used by Hippocrates the father of medicine. It is an ageless timeless therapy using the healing methods of touch.

Talk about what to look for in a massage therapist – credentials, talk about different training and techniques and specialties – all pointing to YOU being a great choice for a therapist. Tell them what an intake process should be like and what to expect at their first massage appointment.



Susan Perkins, CMT is the founder of Massage Gratitude. She is licensed in Swedish, Neuromuscular, and Clinical Sports massage. Her travels to Egypt and Sedona, Arizona have been influential in her massage practice. Her goal is to bring each client an overall improved connectivity in mind, body and spirit. To schedule an appointment with Susan, call 770-364-3251.