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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Massage Therapy - An Oldest Therapeutic Form

By Ryan Bombard

Massage therapy is one of the oldest and simplest therapeutic forms. It involves stroking, pressing, and kneading different areas of the body to relieve pain.

Massage Therapy: Benefits A good massage not only stimulates and relaxes the body but also tones it by acting on the soft tissues (muscles, tendons, and ligaments). Massage largely affects muscles that are just beneath the skin. However, if done regularly under proper conditions and in the right manner, its benefits extend to the deeper layers of muscles and even the organs. Thus, it strengthens the entire body and reduces its vulnerability to strains and injuries that occur because of excessive tension and structural weakness of the body.

Massage therapy also stimulates blood circulation and improves the lymphatic system (runs parallel to the circulatory system); lymphatic system is responsible for eliminating the waste material from the body. Massage therapy also calms the nervous system, reduces fatigue, and replenishes energy of an individual.

Massage Therapy: How to Do? To begin with, choose the right equipment for effective massage therapy. You will need a firm and padded surface such as a massage table or simply a foam mattress spread on the floor to work on. You may use additional cushions and pads to support the body on the massage surface. You can choose from oils such as mineral, soya, peach and apricot kernel, grape seed, sunflower, almond, olive, and peanut, depending on which suits your body best. Additionally, keep blankets and towels handy to cover the portions of the body that are not being worked upon.

To benefit optimally from massage therapy it is important to set the right environment for massage. One must use soft lighting and music to create soothing effect during the therapy. Warm the room where you intend to massage and select a time when there are least chances of an interruption. Get your client or partner wear loose clothes, ensure that his/ her body is bare (without any jewelry or other accessories) and eyes shut, and tie the hair if it is long. Massage with clean hands and nails cut short; do not massage with wrist watch, bracelet, or fingerings on your hand. Continue to massage in upward movement for one to one-and-a quarter hour.

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At its best, massage has the potential to restore an individual physically, mentally, and spiritually.

Ryan Bombard enjoys writing about massage therapy and health topics. For more info:

<http://www.fantastic-massages.info>

,

<http://www.message-and-more.info>

and

<http://www.message-palace.info>

Water Jet Massage | Hydrotherapy

By Sharon Hopkins

Water Jet Massage or Hydrotherapy is one of the oldest forms of medical treatment. It involves the use of water for soothing pains and treating diseases. The use of water as a therapeutic agent was used by the ancient Egyptian, Greek and Roman civilizations. The credit for the revival of interest in hydrotherapy goes to the Dominican monk Sebastian Kneipp who wrote a book called "My Water Cure" in the 19th century. Today, hydrotherapy is utilized to successfully affect a variety of cures in conditions such as arthritis, burns, musculoskeletal disorders and paralysis.

One of the popular off-shoots of hydrotherapy is water jet massage. Water jet massage utilizes jets of warm water in circular motions to massage the body from head to toe. Water jet massage therapy is so effective that it is regularly used by professional athletes and in the treatment of paralytic patients.

How does Water Jet Massage work?

Water jet massage improves the functioning of the neuromuscular system. The continuous circular massage from warm jets of water activates the metabolism and loosens up stiff muscles. The heat from the water soothes the muscles and causes the blood vessels to dilate. This stimulates the flow of blood and gives a boost to the circulatory system. This improved circulation results in the dissipation of the build up of lactic acid, which is the root cause of sore muscles. The controlled pressure of water which is applied all over the body also acts as a form of acupressure.

Benefits of Water Jet Massage

Water jet massage therapy is widely used by professional trainers to help athletes recover from sport injuries and fatigue. It can also be used to enhance neuromuscular capacity when used in conjunction with strength training.

Water jet massage is also used to treat certain cases of paralysis of the limbs. The invigorating effect

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of the water jets helps strengthen weakened muscles and energize deadened nerves.

Water jet massage is also a unique way to relax the body and mind from the effects of the stress of day-to-day life. The combination of hot water and pressure, not only releases the tension from the muscles, but also helps the mind relax completely.

Water Jet Massage at home

You can even enjoy the benefits of water jet massage from the comfort of your home. All you need to do is choose from one of the many personal water jet massage systems that are available in the market. Just imagine the sheer pleasure of unwinding in your own bathroom after a hard day's work with jets of warm water massaging all the stress out of your body.

Sharon Hopkins, Webmaster for

<http://www.massagehealththerapy.com>

introduces you to Water Jet

Massage, a popular type of massage therapy also called as Hydrotherapy. She also writes for other sites on Yoga, Hair-n-Skin-Care, Aromatherapy among others.



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