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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!**

**Remedial Massage Therapy**

**By Caroline Colby**

Are you suffering from occasional migranes due to your stiff neck?

Are you having back ache problems due to long hours at the computer?

Do you lead a busy lifestyle with no time to exercise and feel constantly tired?

Are you having muscle aches and pains and have problems even lying down to sleep?

Instead of resorting to drugs and medication, a good alternative to try is remedial massage therapy. Remedial massage is a holistic treatment; that is, a treatment for the whole of the body, as well as the area being treated.

Remedial massage uses several specialized skills to locate and repair damage and speed up the body's repair mechanism. A professional remedial massage therapist has to draw on his knowledge of anatomy, physiology, related pathology and the techniques of Swedish massage, heat and cold therapies, Kinesthetics and many other related fields for a complete treatment.

Also, the professional massage therapist will use information about your lifestyle, being your food diet, exercise regime, allergies, medical history, etc. for diagnosis.

Remedial massage can involve gentle to strong strokes as well as shallow to deep strokes. It works on the fact that soft muscles, tendons, ligaments and fascia is responsive to touch. Sensitive points in the muscles often refer to pain in other parts of the body. For instance, headaches may originate from muscles in the neck and pelvic pains can be caused by certain areas in the abdominal and pelvic area. Remedial massage helps to stimulate blood flow in these areas, thus reducing pain, swelling and pain, and speeding up the body's natural healing process.

Remedial massage is one of the most effective and natural treatment for stress related conditions. Balance is ultimately restored to your body system when your body parts are functioning optimally. You feel a sense of renewal and more energized that ever before!

Caroline Colby is a publisher of information on Massage Therapy. She highly promotes Massage Therapy as a safe, holistic and effective alternative health therapy. For free articles, tips and news updates, please visit her site at

<http://www.message-therapy-central.com>

### **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.

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>



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