

## **"Every Body Deserves a Massage Week" - July 13-19**

The Associated Bodywork & Massage Professionals (ABMP), a national membership organization for massage therapists, has created "Every Body Deserves a Massage Week." Why schedule a massage? Take a moment to read about how a massage can boost your physical and mental health.

### **Scientifically Proven Benefits of Massage Therapy**

- Promote immune system's processes
- Boost sleep quality and increase energy
- Ease symptoms of alcohol withdrawal
- Lessen blood pressure and improve circulation
- Soothe anxiety and depression
- Decrease symptoms of carpal tunnel and tennis elbow
- Reduce pain, tiredness and nausea in cancer patients
- Lower post-operative pain
- Decrease stiffness and discomfort and increase range of motion in people with osteoarthritis
- Lessen number or intensity of headaches
- Relieve pain and muscle tension

**Massage decreases stress hormone levels up to 50%**



<http://dailyinfographic.com/the-benefits-of-massage-infographic>

### **Common Types of Massages**

There are many types of massages from which to choose. To help you decide which type would best suit your needs, the following describe some of the most common.

**Swedish** – A popular type of massage ideal for a first-timer uses gentle motions to promote relaxation and flexibility.

**Deep Tissue** -Targets a deeper level of muscle with more intense pressure and slower movements in painful spots. It aids muscle damage, injury recovery, posture issues and strain. Soreness often continues for 1-2 days after the massage.

**Shiatsu** - A Japanese-style massage with firm finger pressure on acupuncture points to help relax the body. It is a relaxing massage and does not require you to be unclothed.

**Hot Stone** - Uses smooth heated river stones to relieve muscle tension in the body. This is a good option for individuals who would like a lighter massage or who tend to feel cold.

**Pregnancy Massage** - A massage that carefully supports expecting mothers while providing modified techniques that focus on easing aches, tension and swelling. It is not recommended during the first trimester. Consult with your healthcare provider for more information.

Massage therapy can be intimidating at first, but it is never too late to explore something different to promote your personal well-being. Make sure to consult with your doctor to ensure this option is healthy for you.



### **Resources:**

For tips about preparing for a massage, go to this site to read an article on **Bodywork Etiquette**:  
<http://www.massagetherapy.com/> To find a licensed massage therapist near you American Massage Therapy Association visit <http://www.amtamassage.org/findamassage/index.html>