

5 MOST POPULAR TYPES OF MASSAGE THERAPY

1) Swedish Massage

Swedish massage is the most common type of massage therapy. Massage therapists use long smooth strokes, kneading, and circular movements on superficial layers of muscle using massage lotion or oil. Swedish massage is very gentle and relaxing.

2) Therapeutic Oil Massage

Therapeutic oil massage utilizes multiple scented plant oils called essential oils to address specific therapeutic needs of the client. The massage therapist will select oils that are relaxing, energizing, stress-reducing, balancing, and healing etc. The Therapist will use various techniques to apply these oils on the body and will encourage inhalation as form of aromatherapy.

3) Deep Tissue Massage

Deep tissue massage targets the deeper layers of muscle and connective tissue. The massage therapist uses slower strokes or friction techniques across the grain of the muscle. Deep tissue massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. People often feel sore for one to two days after deep tissue massage.

4) Reflexology

Although reflexology is sometimes called foot massage, it is more than simple foot massage. Reflexology involves applying pressure to certain points on the foot that correspond to organs and systems in the body. Reflexology is very relaxing, especially for people who stand on their feet all day or just have tired, achy feet.

5) Sports Massage

Sports massage is specifically designed for people who are involved in physical activity. But you don't have to be a professional athlete to have one. It's also used by people who are active and work out often. The focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance. The strokes are generally faster than Swedish massage. Facilitated stretching is a common technique. It helps to loosen muscles and increase flexibility.