

Swedish Massage/Classic massage

Swedish massage is the classic style of bodywork. Also called Western massage. It is the most popular and familiar massage method being practiced today, and it has served as a foundation for many of the massage techniques developed in recent years. Swedish massage is a system of manipulations on the muscles and connective soft tissue of the body for the purpose of relaxation, rehabilitation, and health maintenance. It is comprised of five basic strokes and their variations: effleurage (sliding or gliding), petrissage (kneading), friction (cross fibre), percussion (rhythmic tapping), and vibration.

Swedish/Western massage directly increases blood circulation, thus enhancing delivery of oxygen and nutrients to the cells of the tissues. It also increases lymph circulation, which speeds up the removal of metabolic waste and the by-products of tissue damage and inflammation. It can reduce pain, joint stiffness, and is excellent at promoting relaxation.

Clinical studies report that Swedish massage can effectively reduce low back pain and the effectiveness can last for as long as 15 weeks. One study reported that Swedish massage caused reduction in salivary cortisol indicating its role in management of stress and improvement in mood.

Lymphatic drainage Massage

Manual lymphatic drainage is a technique used to gently work and stimulate the lymphatic system, to assist in reduction of localized swelling. The lymphatic system is a network of slow moving vessels in the body that carries cellular waste toward the heart, to be filtered and removed. Lymph also carries lymphocytes, and other immune system agents. Manual lymphatic drainage stimulates waste removal and improves immune function