

## Holistic massage

Holistic massage treats the individual as a whole and the treatment is tailored to the client's individual needs rather than following a 'set routine'.

The client's needs are ascertained through the initial consultation where information is gathered on the client's medical, physical and emotional well-being.

A massage session will last normally for one hour and oil is used upon the skin to aid the flow of movement. All areas not being worked upon remain covered.

The benefits of massage include:

- Eases tense, tired and aching muscles.
- Relieves stiff and painful joints so increasing mobility.
- Release of endorphins reducing feelings of anxiety and depression.
- Improve blood and lymph circulation so flushing out toxins.

Through a number of reasons, muscles tend to develop tension either through general aging, body use such as exercise or how we use our bodies in our daily lives. The muscle may also be protecting and supporting an injured area or weakness.

When injuries occur surrounding tissues tend to stiffen to add support and protect. This can reduce blood flow and in turn reduce nutrients and the removal of waste from the tissue. Massage is a way of reversing and rectifying this over time. Different strokes on the body will pump blood and lymph through the muscle fibres and remove waste such as lactic acid which is thought to cause soreness. Gentle massage around the inflammation is beneficial as well as massage to the other areas of the body which are working harder to compensate for the loss of function.

When muscles are damaged through a slight strain where a few fibres are torn or through a major strain causing considerable pain, tissue is damaged. This is when scarring can occur and can also limit mobility. Fascia tendons and ligaments can also stiffen and shorten, deep tissue release can help this adding flexibility and in turn mobility.