

Massage – The Healing Power of Touch

Massage is the most ancient of healing therapies since when any part of our body is hurt our most instinctive behaviour is to 'rub it better'. Massage is a wonderful preventative and restorative health therapy as it has positive and proven effects on the relief of both emotional and physical stress - a primary cause for a number of other diseases in the body. By relieving stress and tension from the muscles and the mind many other health problems are alleviated, prevented or relieved. A holistic massage session, with a qualified therapist treats the whole body to achieve direct physiological and psychological benefits. High quality oil is applied to the skin using a combination of therapeutic strokes & manipulations to tone, firm, stimulate and relax the muscles.

Massage can also be done at home between friends and lovers to soothe tired and aching muscles or to increase feelings of sensuality and intimacy. However there are a few cautions to bear in mind for home massage. Most qualified massage therapists will be fully aware of what medical conditions can and cannot be treated and will advise you before commencing treatment, referring you to your doctor if necessary. If you want to practise a massage with a partner it is wise not to treat anyone with a diagnosed or undiagnosed health problem. Most areas of the body can be safely worked on although avoid putting additional pressure on bony areas, joints and areas where organs are not fully protected such as the lower back. Never apply pressure directly on the spine. It is beneficial for both parties to give and listen to feedback with regards to pressure and comfort throughout the massage.

To obtain the numerous health benefits for mind body and spirit that are possible through regular massage treatments it is advisable to see a professionally trained therapist. The positive effects of massage are numerous and diverse. The passive movement of the muscles increases circulation of both blood and lymph fluids, which provide a greater flow of oxygen to vital organs and speeds up the elimination of waste products from the body. This helps in detoxification, weight loss and may improve skin tone and radiance. Massage is a highly useful to be used in conjunction with an exercise training programme as it reduces lactic acid build up in the muscles, which is a natural result of physical exertion. It assists anyone engaging in physical activities to recover faster and enhances training performance. Due to its' calming effects on the sympathetic nervous system and the subsequent psychological responses, regular massage is suggested in any program for stress management. Consistent massage treatments can also improve digestion, strengthen the immune system, relieve tension headaches and eye-strain, alleviate water retention, enhance ones capacity for clear thinking, ease anxiety and increase energy flow at all levels.

Complete health and wellness is something we all must strive for in our daily lives in gratitude for the magnificence of the human form – a masterpiece of the Creator. We can obtain this state of being through the many choices we make daily - from the food we eat, exercise we take and lifestyle we lead. Massage should be considered a primary treatment to aid us on our journey to maintain this level of vitality - healing through the power of touch.

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