



Swedish Body Massage



What it is:

The prime purpose of remedial / Swedish Body massage treatment is to relieve stress and tension and promote deep relaxation in the tissues and muscles. The back, shoulders, neck, legs, arms and chest are all targeted in this deeply stimulating massage. It also has proven effective in the treatment of headaches and migraines, depression, emotional conditions, poor circulation, low immune system, IBS and digestive disorders, anxiety and stress and insomnia but is in no way limited to this list! If you are suffering from fluid retention (oedema), tiredness, recurring illnesses such as colds and flu, a full body massage with lymphatic drainage techniques is excellent to help remove toxins, reduce fluid retention and boost the immune system. Regular lymphatic drainage massage will improve your circulation and your health and help your body to fight off infection without the use of conventional medicines.

It does not quite have the sense of indulgence associated with massages such as honey, aromatherapy and chocolate but nor does it have the same powerful techniques found in osteopathy, chiropractics and sports massage. Nevertheless, by bringing the comfort that eases muscular tension and with an understanding therapist reducing stress by light strokes tool it is a very enjoyable, invigorating and ultimately a relaxing experience.

Swedish Body massage uses a variety of specific techniques to prevent or repair problems:

Effleurage (stroking) Light superficial strokes warm the area up to start the massage. This is a relaxation massage oil which is infused with oils to enhance relaxation and provide a smooth medium for massage. Deeper effleurage loosens the muscle fibres and allows me to feel for any areas of tightness. Deeper strokes always go towards the heart to promote an increase in circulation, with a lighter stroke on the return. Effleurage is performed in between other techniques to flush out any particles loosened up by deeper techniques. Deeper strokes can be applied using the forearms, fists, heel of hands and elbows.

Petrissage (kneading) this is a rhythmic two handed massage technique which stimulates the circulation, loosens and softens the tissues and has a great warming effect. A steady rhythm is maintained up and down the muscle.

Squeezing Tissues and muscles are 'picked up' and squeezed gently. This has a pumping effect on the circulation. This is the deepest technique used in massage and is targeted at specific areas of soft tissue damage.

Frictioning and trigger points these are techniques to work on muscles with specific tight areas which can be felt as little lumps or hardness. The area is located by gentle palpation using fingers and thumbs and then pressed until the lump lessens. This is sometimes uncomfortable but you will always be asked how it is feeling. Massage should never be painful.

The Benefits:

Benefits of Swedish Body therapy include:



- Preventing problems before they arise, if used with a Swedish Body program event
- Identifying problems before they have significant repercussions

Effleurage Benefits

- Aids relaxation
- Stimulates circulation providing fresh oxygenated blood to tissues and organs
- Eliminates waste products and toxins assisting the lymphatic drainage process
- Removes dead cells from the surface of the skin, improving skin tone, circulation and elasticity
- Eases muscular strain by flushing out toxins
- Stimulates the nervous system
- Soothes nerve endings
- Relaxes muscles fibres
- Increases sebum production keeping skin smooth and soft
- Reduces swelling
- Invigorates, if quick strokes are used
- Aids relaxation and improves sleep patterns

Petrissage Benefits

- Increases circulation
- Keeps ligaments and tendons supple
- Reduces physical stress
- Relieves the buildup of tension nodules
- Produces heat
- Loosens adherent tissue
- Improves tone and elasticity of muscles
- Relieves low backache
- Nourishes joints and ligaments improving mobility



What to expect:

Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process. You will be asked to stand whilst your skeletal posture is observed.

You may or not be undressed depending on the condition being treated. When you are undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured. You will be asked to stand and your posture will be analysed.

Depending on time the entire body may be massaged and examined to identify where the best use of the techniques available can be used. The massage will include stretching, pressure points, frictions and standard massage strokes. It is possible you will be invited to return two or three times a week for short sessions to focus on damaged areas or you just might make regular visits to have general aches and stiffness problems reduced.

Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.

Contraindications of Swedish Massage

- Pregnancy
- Open wounds or infection
- Broken skin, eczema or rash
- Tumor
- Fever
- High blood pressure
- Thrombosis
- Recent surgery
- Muscular / skeletal damage
- Inflammatory disease



After Care Advice:

- Might be advised to use ice packs or warm bathes (hot water bottle)
- Might be given specific exercises
- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Headaches / dizziness possible
- Excess urination, bowel movement is normal as toxins are eliminated