

# Swedish Massage

## What is Swedish Massage?

Swedish is the most frequent and familiar style of massage in Western Bodywork. It can be done light and leisurely, or brisk and stimulating, depending on the therapist's individual technique and what they wish to accomplish for the client. Additional techniques may use other tools by the therapist such as: hands, palms, elbow and knuckles along with firm kneading, and percussion-like tapping. Swedish massage moves past relaxation, it is exceptionally valuable for escalating the concentration of oxygen in the blood, diminishing muscle toxins as well as enhance movement and elasticity while reducing stress.

## What happens during a Swedish Massage?

In all Swedish massage, massage oil or lotion is used on the skin to allow the therapist to execute various strokes that warm up and work the muscle tissue, freeing tension and breaking up muscle "knots" or adhesions in tissues. Swedish massage endorses relaxation, relieves muscle strain and generates other health benefits.

Before the massage, the therapist will inquire about any injuries or other health conditions in a consultation session. Such issues you would need to inform the therapist includes; areas of pain or swelling, allergies, recent injuries, illnesses or condition, medications and pregnancy. Certain issues could be contraindicated for a Swedish massage and would need a doctor's permission. If this is needed then the therapist will have you sign a release form to discuss your health with the doctor in order to administer a massage. You may also let the therapist know what type of pressure preference you wish to have administered. It's best not to get a massage if you are ill, for a massage could aggravate the illness further.

After the consultation session, the therapist will inform you which way to lie on the table - face up or face down, and always **underneath** the sheet. The therapist will then leave the room for your privacy. They will knock and inquire if you are ready to begin before entering the room.