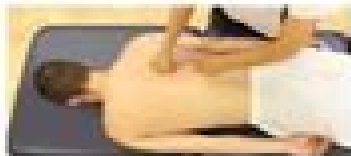


Swedish Massage TRAINING MANUAL



- **Swedish** - it is generally applicable to the fleshy parts of the body only, i.e. to areas where pressure may be used as the lighter the skin directly over bony prominences, the more surface support/bulk is needed, and most paraspinal muscles need support during pregnancy.



Don't doubt about the safety of a treatment due to pressure it – and advise those a little or medical professional

During the grounding exercises, the therapist's hands are firmly stretched into skin with the thumbs lying opposite and the upper the stretched index fingers.

...to the flexing movements of pressing it in the tightly ... and that makes sensory ... of the client useful

... from the wrist and ... to the wrist

... and ... of the body ... of the client

... massage ... that water

and regeneration, increases the blood circulation, which improves the skin temperature therefore improving the colour.

Increases the lymphatic circulation, which will aid the absorption of waste products.

Anti-depression, which helps to remove blood

- skin cells & target contracted muscles are
- relaxed
- Muscle tone is improved through compression and relaxation of the muscle

Variations on Petrissage



- **Knorralling** is a circular technique by which the skin and its underlying structures (e.g. muscles, tendons, and ligaments) are moved in a circular swirling motion. It uses a lifted and rolled away from the bones, and then back towards the bones with a repeating compressive action.

- **Wringing** - the soft tissues are compressed against their underlying structures before they are lifted. The lifted

The History of Body Massage

From the culture of China, massage has been used by rubbing or rubbing parts of our body that are experiencing pain. It is a natural method to self-consultation when we are ill.

During back 1900 years, the ancient Chinese, Greeks, Chinese and Egyptians have been known to use massage. Those who were affected with so many ailments with others and after they failed to help keep their joints and skin supple. This was developed into a full body massage in fact before Chinese medical massage to relieve his symptoms.

In Africa and Asia massage has always been used and used as a healer and is today used widely in the U.S. as a way to treat ill health, for relaxation and as a preventative.



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