



## Swedish Massage

The term “Swedish Massage” refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones and rubbing in the same direction as the flow of blood returning to the heart. The main purpose is to increase the oxygen flow in the blood and release toxins from the muscles.

Swedish massage involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. Active or passive movement of the joints may also be part of the massage.

Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, improves range of motion, and is suggested in a regular program for stress management. It also has many specific medical uses.