

The Benefits Of Getting a Massage Regularly

The Ultimate Guide



The Spa at Tuscany

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Introduction

You might think massages are a luxury. Or you might even see them as an excuse for pampering. You imagine your body being gently wrapped and rubbed with all kinds of oils while the sun heats your skin on an exotic holiday.

But why is it that we associate such body treatments only with vacation and time off? While there are a number of entirely plausible explanations of why this happens – lack of time, shortage of money, and so on– the reality is that any bodywork which is done to you, on any occasion, counts.

We're used to believing that only through physical effort we can get rid of the unwanted things we carry around, such as negative emotions or the few extra pounds we gained during the holidays. Taking it all out through a good sweat is the typical western approach. But other cultures have been teaching us alternative knowledge for centuries. They show how the human body can not only thrive and but also heal through the power of another person's touch.

The purpose of this eBook is to help you understand that getting massages isn't just a "treat yo'self" thing. It's time to change that perspective. Not only can a good massage alleviate pain, enhance physical mobility and lower your stress levels, but it can also improve immunity and boost the production of dopamine.

Read on to discover the amazing benefits of getting massages regularly.

Chapter I: Sensory Healing

The science behind any massage therapy – regardless if it's destined for relaxation or therapeutic purposes – sees the body as a holistic organism. We are not only made out of flesh (muscles, bones, joints and tendons), but we are also the result of an intricate network of energies. Everything around you impacts your well-being, both physiological and energetically.

The facts that nothing is isolated within and different components build up your health are evident from many everyday examples. Think of how a stressful situation makes your head implode and then how your body feels after. You might get cramps in your muscles, you may have trouble breathing, or you can even start to experience a chronic form of tight muscles. What oriental philosophies call "[Chi](#)," which can be translated as the life energy that keeps us going, has become a most valuable factor in our hectic lives.

In cases like this, when we feel drained of energy, the professional touch of a trained massage therapist can work wonders. Not only that they release that tension accumulated in your body, but they also add up energy. Whatever comes through the hands of the therapist is a plus in Chi. You will feel the change right away after a session. It's just like getting a good sleep and getting up charged and refreshed, but with the benefits of being awake and enjoying all the goodness of a sensorial touch.

Chapter II: Physical Improvements

If gentle strokes aren't your thing, you should not be quick to dismiss massage therapy altogether. There are many practices and techniques to suit the different needs and preferences of virtually everyone: from the deep tissue profound movements and the Swedish massage to Lomi Lomi and Thai. Whether you prefer more pressure or exactly the opposite, the beauty of this ancient practice is that it can be successfully adjusted to most modern needs and affections.

Massages are effective even if you suffer from a painful blockage (in your back, your foot, or your arm) because they can be applied locally and help ease up the tension. A [growing body of evidence](#) shows how people who have suffered surgeries felt better after they were subjected to localized massage therapy. They have reported that aches tend to disappear and the whole regeneration process is accelerated when some form of professional massage therapy has been applied.

Furthermore, more general physical symptoms, such as headaches, migraines or insomnia have [positively reacted and diminished](#) after a regular massage protocol.

Depending on the severity of your problem, the frequency and length of the therapy may vary. But nevertheless, while results appear immediately, they need to continue to develop so that you can get a full recovery.

Chapter III: Psychological Impact

Think of the impact reflexology has on your body. By applying pressure on different tiny points on your foot, a massage therapist can get a positive response from practically every organ of your body.

This is another ancient tradition that proves the holographic principle that stands at the base of the whole massage philosophy: there a powerful connection between different body parts and the energy flow.

We may not know exactly how this mechanism works, but there is a lot of proof to show it. Blood samples taken before and after a massage session have indicated a [decrease in cortisol levels](#). As you probably know already, the excessive release of this hormone has been directly linked to severe stress, anxiety, and depression. Massage therapy has been proven to affect cortisol levels without the help of pills or diet.

The implications of this discovery are nothing but good news for any person suffering from depression and anxiety. Essentially, if something as simple as a 30-minutes session of massage therapy once a week can have such a great impact on our mental health, then more people should follow this holistic approach.

Relinquishing negative feelings and being in the moment while a therapist massages you up and down might just be the most pleasurable form of treatment ever invented.

Final Word

Whoever says, "no pain, no gain" has never experienced the benefits of massage therapy. No other treatment can alleviate symptoms and make all sorts of pain, both emotional and physiological, go away just by the dexterous and trained touch of a hand.

Of all the remedies available today, it seems to condensate the best of classical and modern medicine: bringing traditional knowledge to the surface and applying it to the current conditions in the human body. It does not work alone, and it takes some time, but once you start doing it, you can't remain indifferent to its effects.

We hope you've learned some valuable lessons about the importance of getting a massage regularly. If you have, we'd love if you told your friends about this eBook, so that they can benefit from it, too.

Thank you!

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