

Issue 4- Making the most of your massage



A massage works in wonderful ways, easing stress and pain, calming the nervous system, increasing circulation, loosening tight muscles, stimulating internal organs, and enhancing skin.. After receiving a massage, clients feel rejuvenated, relaxed, and refreshed.

By opting for a few lifestyle choices, you can extend these benefits and get the most out of your massage. Of course everyone would like to hold on to that total body relaxation for as long as possible.

However how long that bliss lasts depends on the state of your body. If you're suffering from chronic pain or recovering from injury, then it may take more sessions and perhaps different modalities before optimal health is restored. Whether you get a massage weekly, monthly, or just every once in a while, the following habits can maximize and extend the afterglow of treatment.

1. Water

Drink plenty of water after a massage. Bodywork releases toxins, such as lactic acid and carbonic acid, which need to be flushed from the body.

Massage also promotes circulation, increasing blood flow and oxygen and stimulating the lymphatic system, which helps rid the body of pathogens. After-massage hydration supports these functions, helping to eliminate released impurities, sooner rather than later.

2. Stretching

Another helpful habit is stretching between massages to maintain joint mobility, prevent muscles from tightening up again, and keeping the life energy flowing. This series of stretches take anywhere from 5 to 10 minutes a day.

3. Exercise

Working out can also help maintain the benefits of massage, and this habit should be continually cultivated. If you're receiving massage therapy, to help speed muscle strain recovery, you may need to ease up on the exercise for a while and give the body time to heal. In such a case one could try a physical activity that is more gentle and meditative, like swimming or walking.

4. Body Awareness

After a massage, the client must respect how the body feels. If the body seems to ask for rest, give in to that demand. This could mean backing off the to-do list, taking it easy, moving slower, and perhaps doing less for a while. One should also get sufficient sleep to allow the body to absorb the effects and regain vitality.

5. Diet

Finally, since you've just rid the body of toxins, support the body's renewed state by adhering to a healthy diet rich in fruits and vegetables, which will continue the detoxification process.

In the next issue we shall discuss the emotional release during a massage. Is emotional release during bodywork unusual or is it a beneficial part of the cleansing, rejuvenating process of massage?