

# Massages



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# 1 MASSAGE - SWEDISH MASSAGE

*This is the most common type of massage therapy in the world. It is also known as Swedish massage or simply massage.*

*Massage therapists use long smooth tools, kneading and circular movements on superficial layers of muscle using massage lotion or oil.*

*Swedish massage can be very gentle and relaxing. If you have never been at the masseur and you still did not do a massage, then you better try in the first place this kind of massage.*



# 2 massage - Aromatherapy

- Aromatherapy - massage therapy with the addition of one or more scented plant oils, called essential oils to address specific needs.

Massage therapist can select oils that are relaxing, stimulate, relieve stress, balance krovopotok etc. One of the most common essential oils used in aromatherapy - lavender.

Aromatherapy is particularly suitable for people with stress-related conditions or conditions with an emotional component.



# 3 massage - Massage with hot stones

- Heated, smooth stones are placed on specific points on the body to warm relaxed muscle tension and centers of energy balance in the body.

Masseur also can be massaged by the stones and apply gentle pressure them. Hot stone massage is good for people who have constant muscle tension but prefer a lighter massage.



# 4 massage - Deep



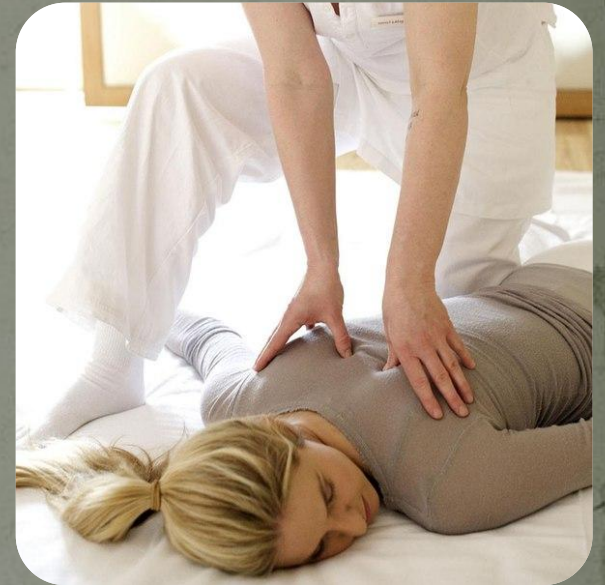
- massage deep tissue massage with the aim to get into the deeper layers of muscle and connective tissue. The masseur uses slower strokes or friction.  
Deep tissue massage is used for chronically stiff or painful muscles, muscles with repetitive stress, postural problems, or recovery from injury. People often feel pain from one to two days after deep tissue massage.

# 5 kind of massage - Shiatsu

- Shiatsu is a form of Japanese massage that uses localized finger pressure with a rhythmic sequence on acupuncture meridians.

Each point is massaged for two to eight seconds to improve the flow of energy that helps the body to restore balance.

People are usually surprised when they try shiatsu for the first time. This relaxation of pressure, and usually there is no pain after the massage



# 6 massage - Thai massage



Like shiatsu, Thai massage aligns the energies of the body using gentle pressure on specific points. Thai massage also includes compressions and stretching.

You do not just lie down - the therapist moves and stretches you into a sequence of postures. It's like Yoga, just do not have to do any work. Thai massage is more active, than other types of massage. It also reduces the stress and increases the flexibility and range of motion.



# 7 massage - Massage during pregnancy

- Massage for pregnant women is becoming increasingly popular among pregnant women. Massage therapists who are certified to carry out the massage during pregnancy know the correct position and how to support the woman's body during the massage.

Massage during pregnancy is used to relieve stress, reduce swelling, relieve pain, and reduce anxiety and depression. Massage adjusted to the individual needs of the woman.





# 8 type of massage - reflexology

- Although reflexology is sometimes called foot massage, it is more than simple foot massage. Reflexology involves applying pressure to certain points on the foot that correspond to organs and systems. Reflexology is very relaxing, especially for people who are on their feet all day or just get tired of the feet



# 9 massage - Sports massage



Sports massage is specifically designed for people who are involved in physical activity. But you need not be a professional athlete to get this kind of massage - this massage is also used by people who are just active. The focus is not on relaxation but on preventing and treating injury and enhancing athletic performance.



Use a combination of techniques

# 10 massage - Back massage

- Some massage clinics and spas offer 30-minute back massage. If massage is not explicitly advertised, you can just order a 30 - or 40-minute massage and ask the therapist to focus on the back. Massage for neck and back pain

