

## Benefits of Full Body Massage

By Caroline Colby

Full body massage can produce multiple benefits for your health. These benefits go far beyond an hour spent in relaxing quietly, escaping the day. An increasing amount of evidence indicates that stress and tension form the root causes of many diseases and illnesses. Hence, if you are able to find ways to alleviate or relieve your stress, you are preventing health problems from emerging or becoming worse.

Going for a full body massage on a regular basis is one excellent way to help you fight off tensions. Full body massage stimulates the production of endorphins that promotes relaxation and drowsiness.

When you go for full body massage, your head to your toes and feet are massaged both front and back. A variety of strokes that includes kneading, pulling, wringing, hacking and gliding are used on various parts of the body.

If you are already ill or suffering from constant fatigue or pain, then full body massage can play a big part in your treatment. A full body massage helps to improve blood circulation and blood becomes more easily transportable to the vital organs in your body. This is vital for smooth functioning of your internal body parts. In addition, when blood is supplied to areas that have been injured before, repair and renewal of cells and tissues take place more easily. Combined with conventional medicine and other therapies, repeat sessions of full body massage can do much to accelerate your recovery.

Here are a few disorders that benefit from regular full body massage:

- \* Depression
- \* Infertility
- \* Eating disorders
- \* Post-operative recovery
- \* Autism
- \* Immune-suppressed systems
- \* Diabetes
- \* High blood pressure
- \* Sleep disorders
- \* Cancer related fatigue
- \* Low back pain
- \* Spinal cord injuries

When you choose full body massage, you choose a non-invasive procedure. In addition, full massage therapy, which is relatively safe, can be a complementary treatment to other medical treatments.

Other than improved blood circulation, here are other benefits that you can expect to experience from a full body massage.

- \* Stimulated lymph system
- \* Stimulated immune system
- \* Relaxed muscles
- \* Reduced cramps
- \* Increased flexibility
- \* Reduced recovery time
- \* Released endorphins
- \* Reduced post-operative scar tissue and edema
- \* Reduced migraine pain
- \* Improved range of motion
- \* Reduced depression
- \* Shortened labor and delivery in expectant mothers

As helpful as full body massage can be, those with certain illnesses should avoid the treatment. These include phlebitis, certain cancers, certain heart conditions, certain skin problems, and contagious diseases.

To be absolutely sure, check with your doctor first if you are chronically ill. Otherwise, enjoy on a regular basis!

Caroline Colby publishes information, tips and resources on Massage Therapy. Her site includes information on shiatsu massage, foot massage, massage techniques, massage oil, massage chairs and other massage equipment. For more details and latest news updates, please visit <http://www.Massage-Therapy-Central.com>

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