

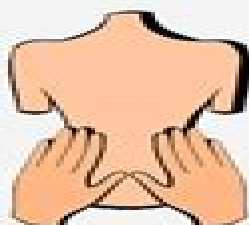
The 5 techniques of a Swedish massage



1. The effleurage

The effleurage is the most used technique. It's a

smooth, sliding movement towards the heart, tracing the contours of the body using the palms of the hands.



2. Kneading

This technique is similar to kneading dough. It consists of lifting, rolling and pressing the flesh under or between the hands.



3. Friction

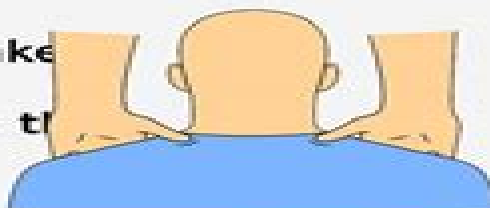
Friction strokes exert pressure by placing the weight of one's body on the flat of the hand and

the pads of the thumbs, knuckles, fingers or the back of the forearms, then release



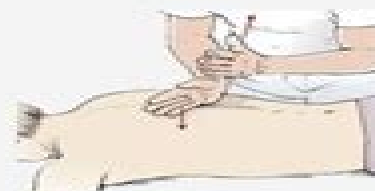
4. Vibration

To perform the vibration, the massage therapist shake or shake gently the flesh with the hand or the fingertips, and pass to another place and repeat this movement.



5. Tapping

Tapping, or percussion, is a fast, jerky rhythmic movement that has a stimulating or invigorating effect.



Massage How To Guide

Marco Cascella



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