

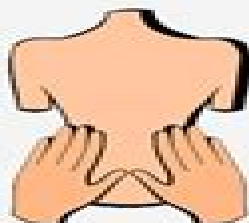
The 5 techniques of a Swedish massage



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

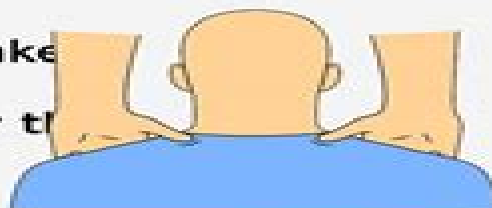
Friction strokes exert pressure by placing the weight of one's body on the flat of the hand and

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

DR. RAJEEV SHARMA



Message How To Guide:

The Complete Idiot's Guide to Massage Joan Budilovsky, Eve Adamson, 1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles [The Massage Therapist'S Handbook](#) Michael Alicia, 2011-08-19 This guide provides the beginning massage therapist with the tools to start develop and maintain a successful practice After nearly two decades of teaching at the Swedish Institute and maintaining a successful practice Michael Alicia LMT provides a practical manual to help beginning massage therapists establish a successful practice The Massage Therapists Handbook navigates through the array of business decisions necessary to start a business from what and where to practice to what to charge and when to work It answers the basic questions of beginning a massage business How do you get clients How do you keep clients What do you need to be successful How should you advertise How do you stay healthy and balanced The Massage Therapists Handbook gives valuable advice gathered from successful therapists explaining the everyday rigors of developing and maintaining a healthy and sustainable career in massage Michael Alicia has done a great job with a step by step book for starting a successful massage practice Whether new to the field or a veteran anyone wishing to improve their practice can benefit from his experience and guidelines This text will serve as a great resource for years to come Jenn Sommermann BS LCMT Professor of Business and Ethics Swedish Institute **Massage Guide** Luise Hakasi, 2017-01-13 Massage does not only influence skin connective tissue and muscles mechanically but has also a positive effect on the psyche Developed thousands of years ago in Asia and Africa Massage finally came to Europe and USA and is now prescribed by doctors as manual therapy and prevention measure Massage increases circulation and stimulates the metabolism relaxes relieves pain improves tissue and affects the autonomic nervous system in a significant way This guide provides information on the main types of massage *The Complete Guide to Clinical Massage* Christopher M. Norris, 2013-11-15 A practical guide to clinical massage techniques This book is for a burgeoning specialist area for fitness professionals and physiotherapists tackled in Chris Norris's clear and accessible style Packed with photographs and clear descriptions The e book version also contains video clips showing the massage techniques in action From the tools of the trade to how to use techniques most effectively on patients this is a must have guide for all trainee and practising masseuses physiotherapists sports therapists and fitness professionals [A Massage Therapist's Guide to Lower Back & Pelvic Pain](#) Leon Chaitow, ND, DO (UK), Sandy Fritz, BS, MS, NCTMB, 2007-11-19 A MASSAGE THERAPIST'S GUIDE TO LOWER BACK AND PELVIC PAIN describes in detail the background to the evolution of non specific backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy osteopathic and chiropractic sources The book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache This unique book takes care to consider the needs of the massage therapist who previously may have had to adapt his/her own methodology from descriptions aimed at other

health care professionals Abundant illustrations enrich the text and bring content to life to make it easily understandable Bulleted point text and summaries allow the reader to quickly find information and review important content Easy reference format and accessible language help break down concepts Accompanying website previously a DVD demonstrates real life examples of the palpation and treatment methods **The Guide to Massage, Spa Treatments and Healing from Pearl Escapes 2016** Pearl Howie,2015-11-02 With over 250 massages spa treatments and types of healing tried and tested personally by the author this is the guide to help you find the right experience for you whether it s your very first massage or you want to try something a little bit more adventurous With escapes from Africa Morocco The Americas Arizona Florida Hawaii Mexico Asia Bali China India Japan Malaysia The Philippines Russia Thailand Finland Greece Iceland Italy Turkey and the UK this is also a great travel companion for anyone wanting to gain a deeper understanding of international culture

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