



english speaking cancer association

route de Ferney 150 CP 2100 1211 Genève 2

telephone +41 22 791 63 05

www.cancersupport.ch info@cancersupport.ch

HOLISTIC MASSAGE

DEFINITION

Massage is a systematic, therapeutic manipulation of the soft tissues of the body, particularly muscles. Holistic Massage is a variant of Swedish Massage. It considers the entire person, not just the physical symptoms or problems, but also psychology, environment and nutrition, and the effects that these can have on the body as a whole. Holistic Massage aims to relax muscles, calm emotions, improve circulation, recharge the immune system, refresh the spirit, and balance the life forces.

BENEFITS

Massage is:

- Soothing. Touch is known to be soothing and comforting. By reducing stress, which causes many diseases, massage may improve health.
- Stimulating. The systems of the body are stimulated and activated by massage. It therefore encourages improved circulation; aids digestion, waste removal and neural communication; invigorates and relaxes muscles thus preventing spasm and stiffness; speeds up skin desquamation; and, promotes cell regeneration.
- Comforting. Touch is used by persons of all ages to gain a sense of security and well-being. Consequently, massage has psychological as well as physical benefits.
- Safe. Massage is a non-threatening, non-invasive and natural therapy.

HISTORY

Massage has been used as a form of therapy for thousands of years by peoples and cultures around the world. Modern massage is based on techniques developed in the early 19th century by a Swede, Per Henrik Ling, which became known as Swedish Massage.