

PURPOSE OF SWEDISH MASSAGE

Swedish massage feels good, is relaxing. It affects the nerves, muscles and circulation.



PRACTICAL PROCEDURE OF SWEDISH MASSAGE

Total Duration of this Massage, 60 minutes

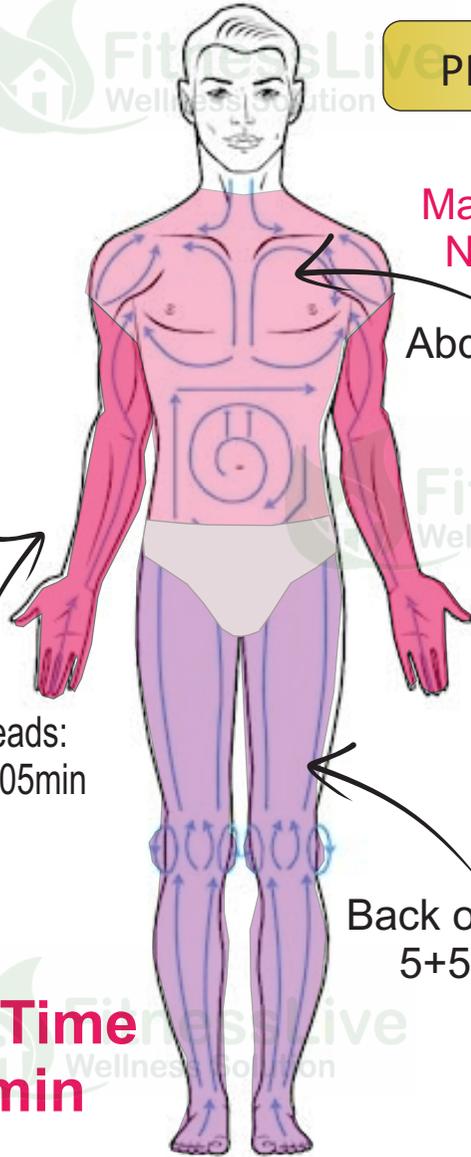




PRACTICAL PROCEDURE OF SWEDISH MASSAGE



Total Duration of this Massage, 60 minutes
Massage start with the Anterior [front of the body]
Now turn the body Posterior [Back of the body]

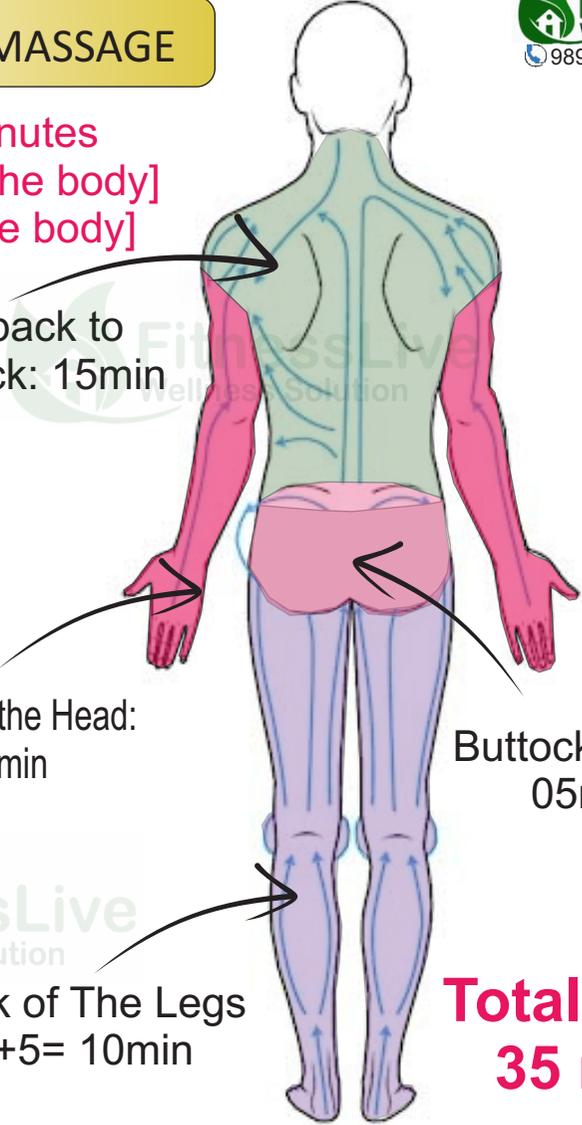


Abdomen & Chest: 10min

Both Heads:
 $2.5+2.5=05\text{min}$

Back of The Legs
 $5+5= 10\text{min}$

Total Time
25 min



Lower back to
upper back: 15min

Back of the Head:
5 min

Buttocks area:
05min

Back of The Legs
 $5+5= 10\text{min}$

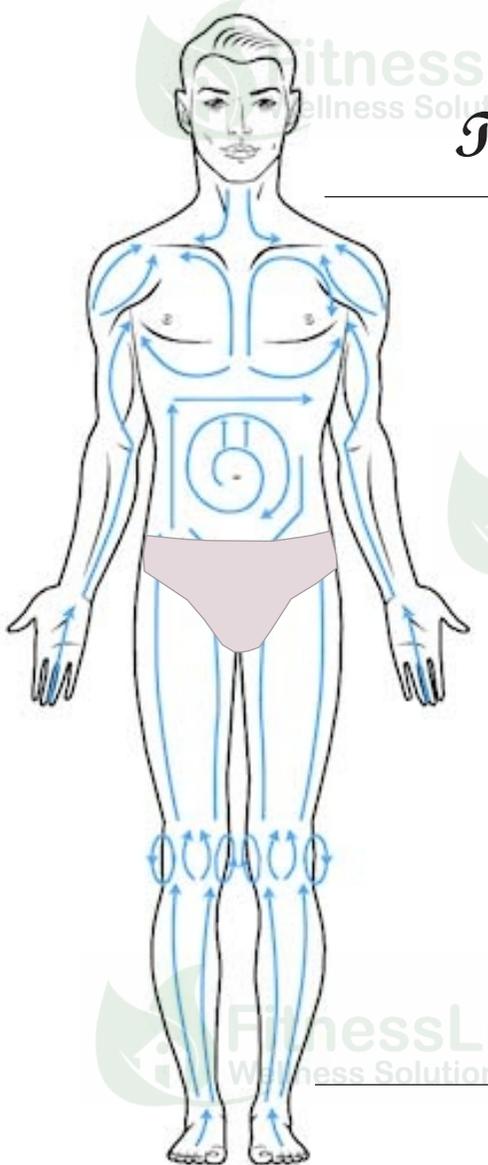
Total Time
35 min



PRACTICAL PROCEDURE OF SWEDISH MASSAGE



Total Duration of this Massage, 60 minutes



Now start applying the oil or cream on the back area



Swedish Massage Therapy has five primary massage techniques for.

SWEDISH MASSAGE

1 . EFFLEURAGE

2. FRICTION

3. PETRISSAGE

4. TAPOTEMENT

5. VIBRATION



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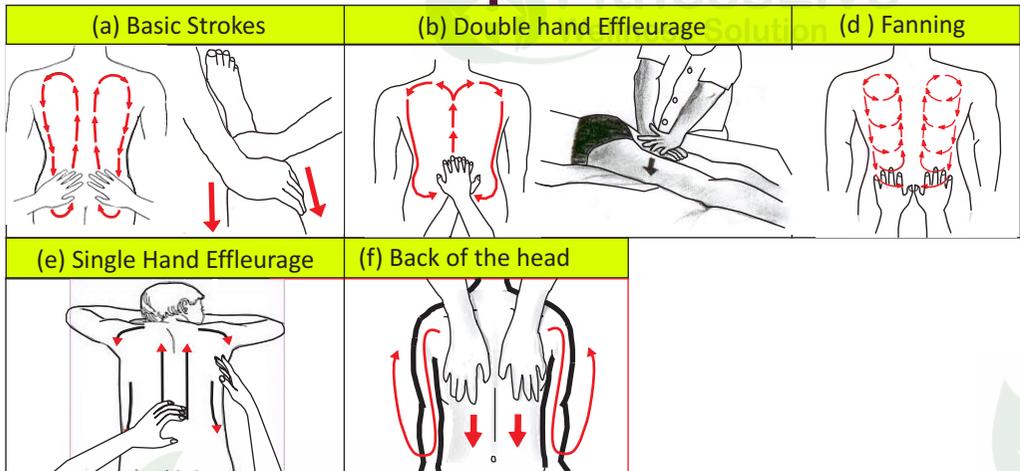
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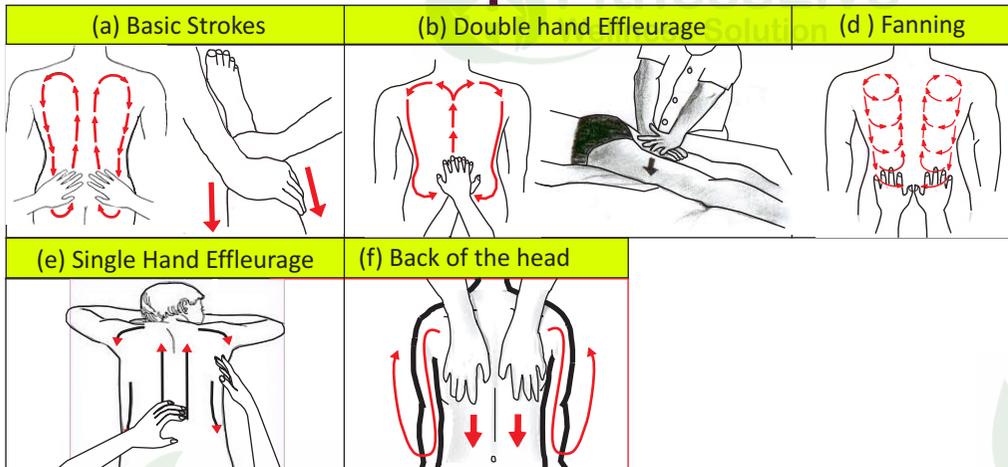
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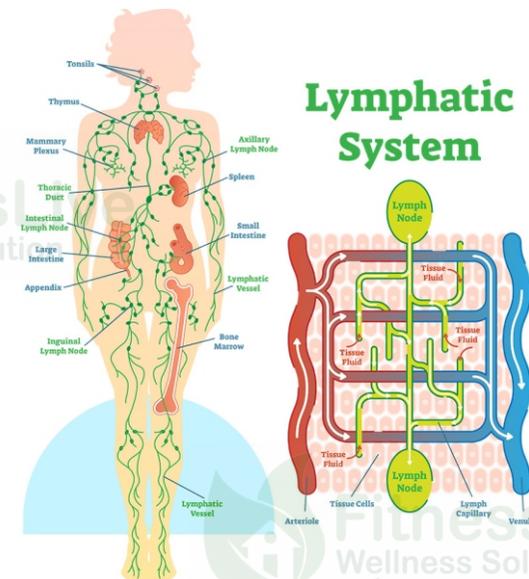
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Benefits Of Effleurage Techniques

1: Effleurage is a light hand movement technique used to encourage the lymphatic system and enables lymphatic drainage to remove waste and toxins from the body.



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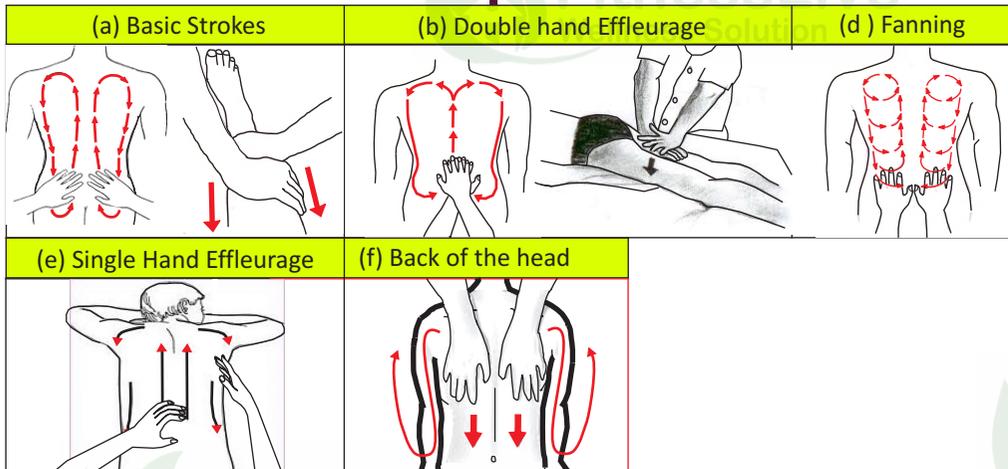
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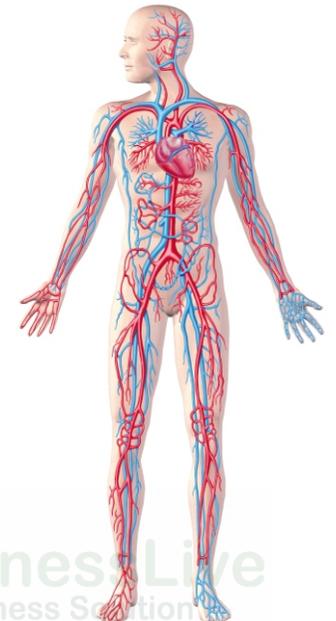
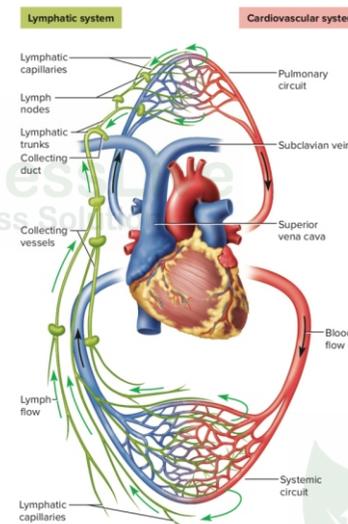
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Benefits Of Effleurage Techniques

2: Effleurage helps by increasing blood circulation around the body to allowing the oxygenated blood and nutrients in and waste products out from the body.



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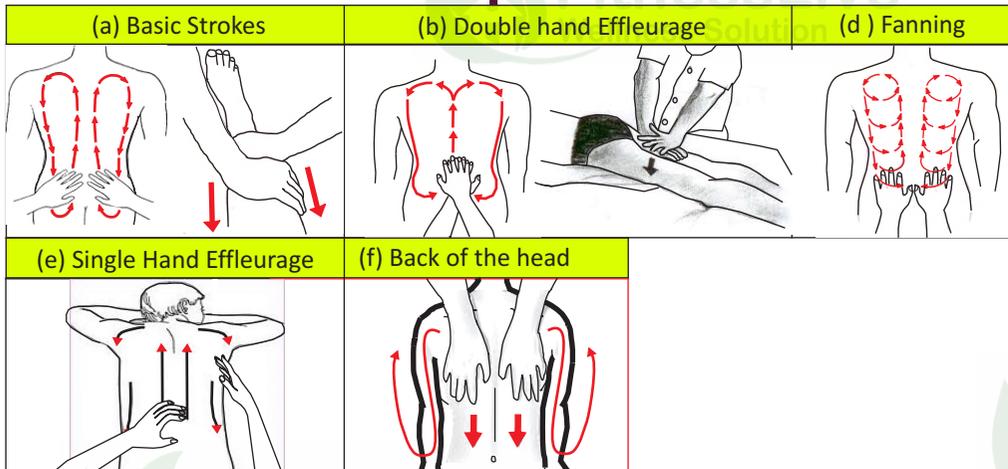
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Benefits Of Effleurage Techniques

3: Effleurage helps the healing process by stimulating feel good hormones in the body. such as endorphin, serotonin and dopamine



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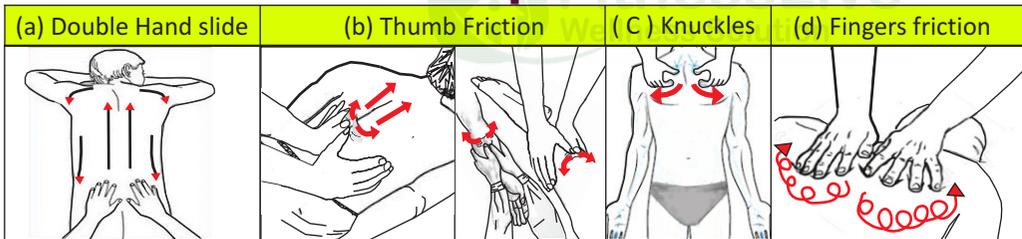
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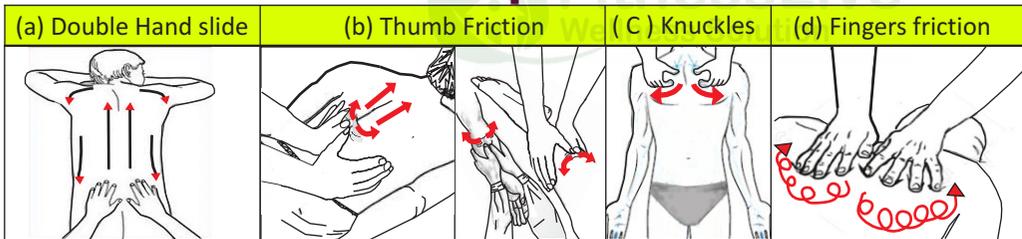
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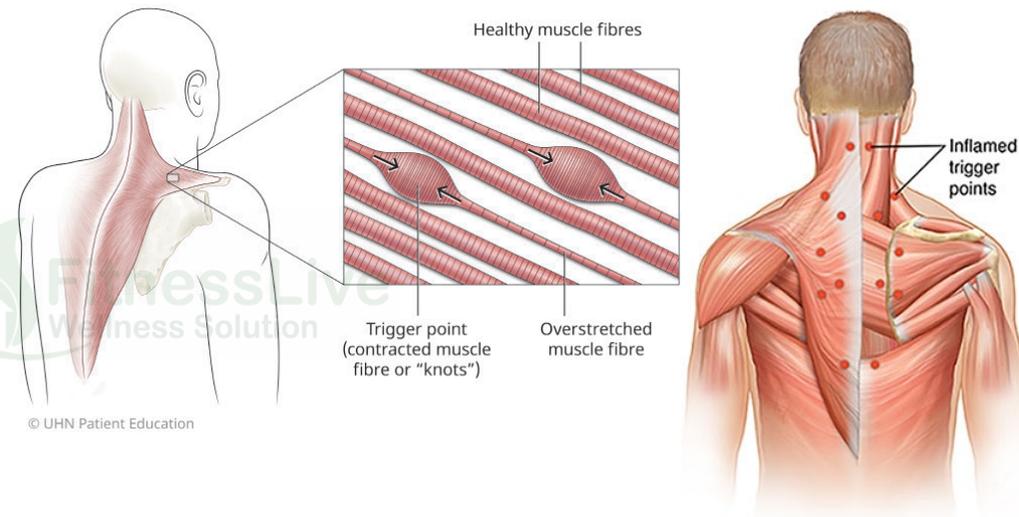
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Friction technique is a deepest pressure stroke and that is used in Swedish massage. We applies pressure by placing the weight of our body on the flat of the hand and the pads of the thumbs, knuckles, fingers, and then releases the pressure slowly and gently.

Friction technique is also helps to relax existing trigger points by the movement of continuous sliding motion or a group of alternating circular motions.



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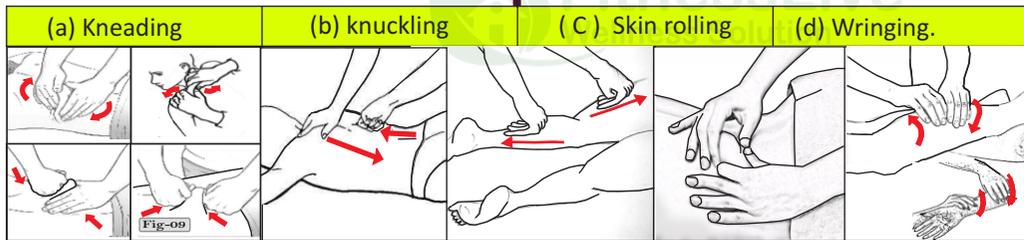
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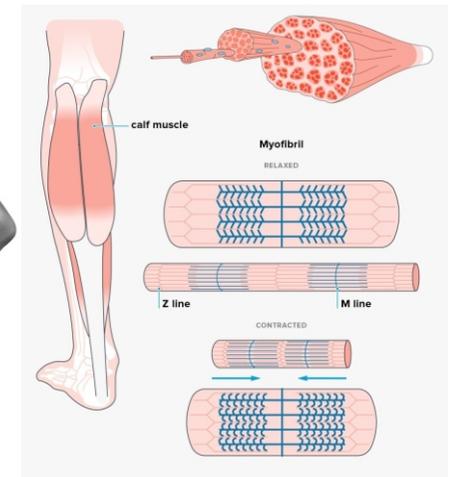
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Petrissage is an effective technique for stretching, kneading and squeezing to relieve knots and muscle spasms and relieve tension and improve recovery.



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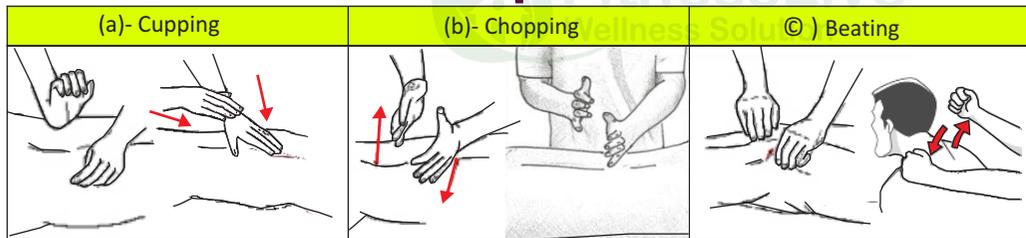
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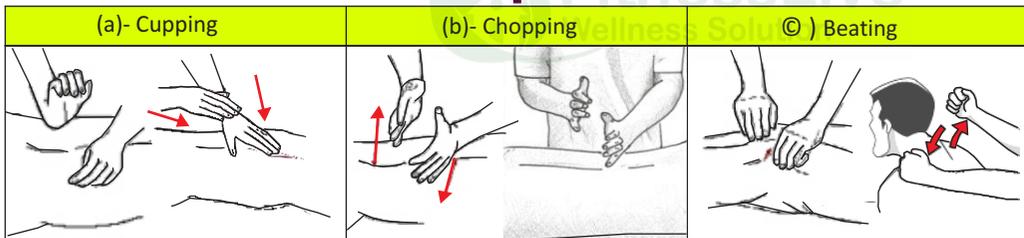
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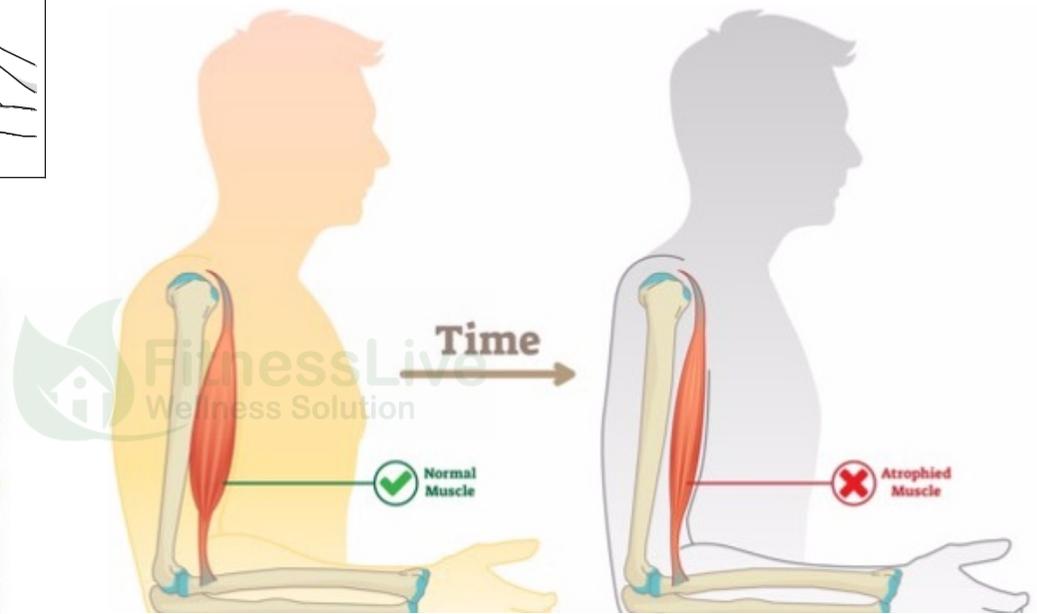
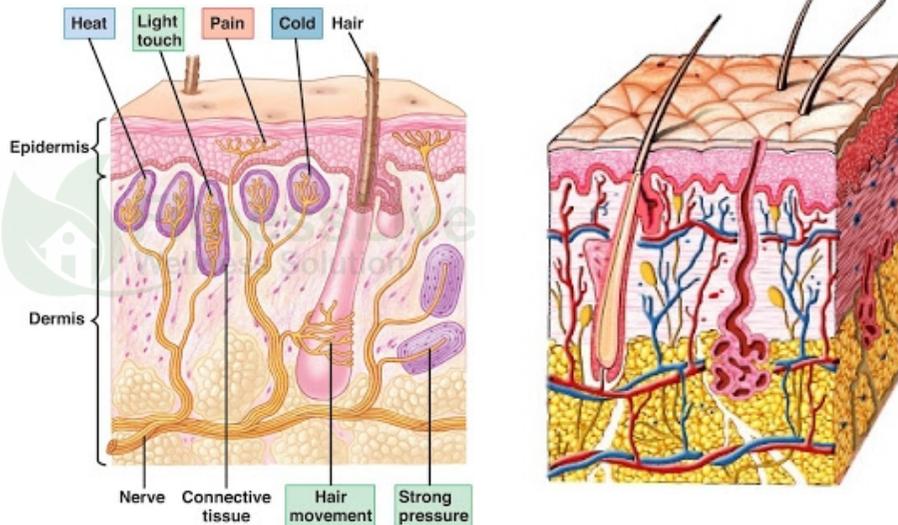
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It also tones the atrophied muscles and relieves pain.

Tapotement can stimulates nerve endings and increases local blood flow.



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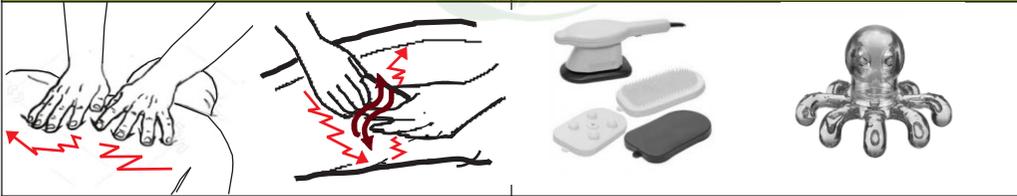
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(a) Finger tips

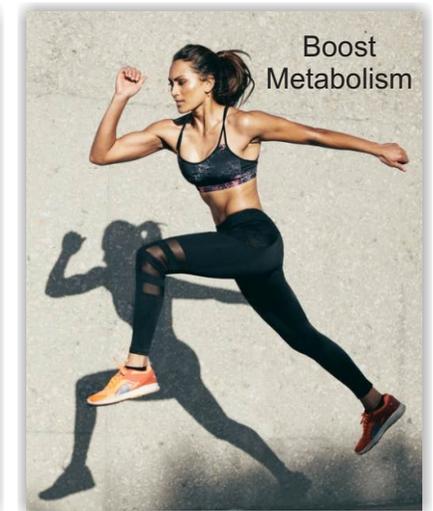
(b) G5 Vibration



Increase bone density and muscle mass.
reduce joint pain and boost metabolism.



Joint Pain



Boost Metabolism

BENEFITS OF SWEDISH MASSAGE

- 1: Enables lymphatic drainage to remove waste and toxins from the body.
- 2: Helps the healing process by stimulating feel good hormones
- 3: Increasing blood circulation.
- 4: Helps to relax existing trigger points.
- 5: Relieve knots and muscle spasms.
- 6: Relieve tension and improve recovery.
- 7: Stimulates nerve endings.
- 8: Tones the atrophied muscles
- 9: Relieves from pain and discomfort
- 10: Increase bone density
- 11: Increase muscle mass.