

Tapping the True Power of Massage

More than 20 million Americans can attest to the fact that a massage is a luxurious experience. But as health and wellness grows in importance, people are gravitating toward regular massages for another reason.

“Guests often try a massage for the first time because they want to be pampered -- and it is an amazing experience. But by the end of that session, we’re finding that their eyes are really opened to the physical and mental benefits of massage,” said Cassandra Stratton, corporate massage trainer for Mario Tricoci Hair Salons & Day Spas. “I have so many guests who have made massage a regular part of their health and wellness routines because they see positive, long-term change in their physical and mental well-being.”

Regular massage can target the specific physical stresses that come with our varied lifestyles. For example, if you work at a computer all day, you need a massage that targets the upper/lower back, forearms, and neck; laborers benefit from focus on the lower back, hamstrings, upper back and arms; dancers need more attention to the feet, hips and knees; busy moms and dads get relief through work on the lower back, shoulders and hips; and ladies who covet high-heels need a massage that shows some love to their calves, feet and lower back. Massage even brings relief to people who regularly endure long commutes, which can compromise your circulation and cause sciatic pain and poor posture -- in addition to mental stress and fatigue.

While the physical benefits of massage therapy are countless, the mental benefits are just as powerful. Soothing lighting and music in the therapy room put your mind and body into a more relaxed state, and aromatherapy oil can help evoke the mood to which you aspire. For example, try peppermint to increase mental alertness; rose for an uplifting feeling; or lavender to calm. Aromatherapy oils can also deliver physical benefits such as improved circulation and can ease digestive problems, headaches, nausea and more.

According to Stratton, customization is key to a massage that truly helps people meet their wellness goals. “We actually created our Therapeutic Massage as a completely customizable service for that reason,” Stratton said. “One of the most important parts of our Therapeutic Massage is the consultation our therapists have with their guests before the service begins. That conversation enables the therapists to choose from a range of best in class techniques to give our guests the experience and results they want.” The 80-minute service includes light exfoliation, detailed massage techniques, choice of aromatherapy and Thai-influenced stretching.

Whether you’re a first-timer or a massage veteran, Stratton suggests talking to your therapist about your lifestyle, physical aches and mental stresses, and health and wellness goals. “You might feel great after a massage, but you’ll be amazed at how customization can intensify that wonderful feeling as well as your long-term results,” she said.

Mario Tricoci sources:

- Cassandra Stratton, corporate massage trainer

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