

THE HEALING POWER OF MASSAGE

Studies continue to show that most of the diseases we face begin with stress. One of the best tools to combat daily anxiety as well as relieve pain, increase metabolism, release lactic acid and improve circulation is massage therapy. And if that litany of healing benefits isn't enough, massage just also happens to feel great.

Most of us turn to massage for one of two reasons: total relaxation or better health. Whatever your reasons for requiring a rub down, having a better understanding of how massage can help your body and mind only aids in your enjoyment of it. The experts at Mario Tricoci Hair Salons & Day Spas offer this guide about the healing power of massage.

<u>Types of Massage</u>	<u>Talking to Your Therapist</u>	<u>Personalized Massage</u>	<u>Give the Gift of Massage</u>
<p>Massage takes many forms and each style has unique purposes. Find what's right for you.</p> <p>To Relax: The classic Swedish Massage uses firm but gentle pressure to ease muscle tension and relax the body. An enhanced service such as Mario Tricoci's Signature Massage uses Swedish Massage techniques but features extra scalp work, a focus on hands and feet, and warming body pillows.</p> <p>For Health: Deep Tissue Massage delivers more treatment work for specific aches and pains. For best results, this type of treatment should occur on a regular basis, like every other week. Hot Stone Massage on the other hand helps relax a stiff body in preparation for the massage. It's a favorite with arthritis sufferers.</p> <p>First Timers: Give massage a try with an abbreviated service like Mario Tricoci's Good to Go Massage. It delivers an express service to back, neck & shoulders.</p>	<p>Sharing your occupation and lifestyle will direct your therapist to create the best treatment for your particular aches, pains and stresses.</p> <ul style="list-style-type: none"> • I work at a computer all day: upper/ lower back, forearms, neck • I work as a laborer: lower back, hamstrings, upper back and arms • I'm a dancer: feet, hips and knees • I'm a busy mom or dad: lower back, shoulders and hips • I'm a fashionista in high heels: calves, feet and lower back 	<p>Add personalized treatments to your service for complete enjoyment.</p> <p>Aromatherapy: Treat the senses and tackle common ailments by including an essential oil in your service. Oils infused with lavender or rose are great relaxers while those infused with grapefruit or peppermint stimulate and awaken the senses.</p> <p>Moisturize: Ask your therapist about including a moisturizing treatment to your massage. For example, Shea Butter is an excellent way to rehydrate dry skin.</p> <p>Table Time: Your time is precious, so splurge for a longer, 80-minute treatment when you can. It gives the therapist more time to warm the body so he/she can better dig into those tight muscles and trigger points.</p>	<p>While a professional massage is the perfect gift for your body and mind, don't discount the power of a 15-minute quick fix at home.</p> <p>Show Face: Roll your fingers over the temple, forehead and underneath cheekbones to release tension and sinus pressure. Then stroke the muscles above the eyebrows and rub the bridge of the nose for immediate relaxation.</p> <p>It's All in the Hands: Simply squeeze the pressure point between the thumb and forefinger in a circular motion to relieve head tension. Also rub the palm of the hand and fingers to calm and soothe tired hands.</p> <p>Foot Fever: There are a number of pressure points in our feet that put our bodies in balance so wrap a hot towel over the shoulders and kick back. Stroke tired peds along the arch to stimulate the spine then massage the pad of the foot to open up the chest.</p>

Mario Tricoci sources:

- Elaine Sauer, Corporate Spa Director
- Cassandra Stratton, Massage Educator

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