

Benefits of Full Body Massage

Few things in life are as relaxing and exhilarating as a full body massage. No longer a luxury enjoyed exclusively by the rich and famous, full body massage is gaining popularity as an important therapeutic practice as well.

Full body massage is one of the most commonly applied techniques for physical and mental therapy. Many of those who enjoy the benefits of full body massage will claim that it balances and relaxes the entire body, while leaving the person feeling emotionally and physically soothed.

A full body massage is a system of stroking, pressing and kneading the different areas of the body. Benefits of full body massage include pain relief, muscle toning and stimulation, and relaxation of the body. All of these benefits can be attained, as full body massage works deeply into tired muscles and allows the body to release toxins that were trapped in the systems.

It's worth noting that full body massage does much more than create a pleasant sensation on the skin. Numerous reports have suggested that although the massage certainly soothes the skin and affects the muscles just under the skin, its benefits may reach even beyond the deepest layers of muscle. It appears that the organs themselves can reap some of the benefits of full body massage. Moreover, a full body massage can help to stimulate blood circulation. Experts have further revealed that this therapeutic practice can aid the lymphatic system of the body, which runs parallel to the circulatory system.

A full body massage, as the name implies, encompasses the massaging of all parts of the body, from head to toe. Of all the parts involved in the massage, however, it's the back that requires the greatest amount of attention and pampering. This is due in part to the fact that the back represents such a large part of the body, and it is the most common area for people to accumulate tension.

In addition to the back, other areas of focus in a full body massage are the neck and shoulders. These are also common places for soreness and tension, so most therapists will focus more on these areas than other parts of the body. Pain relief aside, it is a great pleasure to have pain and tension eased away from the neck and shoulders.

The chest also an area that can get full use of the benefits of full body massage. When massaging the chest, the massage therapist will typically change his or her position from time to time to make the receiver more comfortable. Therapists will often involve their entire bodies, moving in the same rhythm as the strokes they are creating.

After the chest has been massaged, the abdomen becomes the focus of a gentle touch. As the softest and least protected area of the body, the abdomen is also the area of greatest vulnerability for many people. In a full body massage, the therapist will work gently and rhythmically, increasing pressure only when the receiver has reached a secure, relaxed state.

Lower parts of the body, including the legs and feet, are also pampered with the benefits of full body massage. By working on those areas, the massage therapist is able to ease any pain and tension that may be present, and provide an overall revitalization to these weight-bearing parts of the body. People who typically spend a great deal of time on their feet, such as sales clerks, factory workers and restaurant servers will especially appreciate these benefits of full body massage.

Back to the upper areas of the body, a full body massage involves massaging the head and face. Many people are surprised at the amount of tension that is held in these areas, particularly around the jaw. It can be a most pleasurable experience but, unfortunately, it's often ignored in a full body massage.

Finally, a full body massage involves work on the arms and hands, which are put to a constant regime on a daily basis. Tensions fade as these areas are massaged; leaving the person feeling relaxed with a renewed sense of well-being.

If you've never had the experience of a full body massage, or if it's been a while since your last session, it's time to treat yourself. From head to toe, your entire body will enjoy the benefits of full body massage.