

- Pain Relief
- Stress Relief
- Increases Circulation
- Boost Immunity
- Improves Posture and Flexibility
- Lowers Blood Pressure
- Relaxes Muscles and Mind
- Rehabilitates Injuries
- Flushes Bodily Toxins
- Regulates Blood Sugar Levels

## Facial Massage

Massage, in whatever form, at the very least loosens the muscles and takes away pain and strain from the body, relaxes the body and calms the mind. A good massage that is done regularly helps to stimulate the release of feel-good hormones known as endorphins. It also improves the circulation of blood within the body and makes the elimination of wastes from the body more efficient. Another good thing about massage is that it is not just for the body and the limbs. Massage can be done on the face and facial massage is touted to be one of the best anti-aging treatments ever. Facial Massage is good because of many reasons. For one, massage helps to exfoliate the skin, taking away dirt and dead skin cells that make

the skin look dull. For another, massage increases the circulation of blood to the face, and such improved circulation makes the skin more nourished and brings



to it a healthy glow. And yet another reason is that massage improves the elasticity of the skin, thereby removing the wrinkles and fine lines that are associated with aging.

Moisturizer is applied to the face to reduce the friction that would otherwise irritate facial skin.

The type of moisturizer that the therapist would use depends on the skin type of the client's face. Thick and heavy moisturizer is applied to dry facial skin; on the other hand, only light moisturizer is applied to oily facial skin. Sometimes, the application of moisturizer is skipped for people with extremely oily skin.

## Hand Massage

People, whose jobs involve the use of hands, arms and wrists are more susceptible to pains, aches, and tension in these particular body parts. Employees who utilize computers or manual laborers who carry loads of weight are some examples of people who are prone to these health problems. These are also the people who will mostly benefit from a hand massage.

What is a hand massage?

As the term implies, hand massage is a form of massage therapy that focuses on the hands, arms, and wrists. Since the arms and hands have many acupressure and reflexology points that relate to different internal organs of the body, this massage can also be used to alleviate pains and aches not only in these particular parts but also in other parts of the body. Massaging the hands, fingers

and joints will not only help solve the tension and aches in the arms and hands, it will also help relieve other health problems like arthritis and poor blood circulation.

Truly, the benefits of a hand massage are countless. Just like other types of massage therapies, you will reap all kinds of positive effects not only on your physical health but also on your mental and emotional wellbeing.

# Reflexology

For those who have experienced it, Foot Massage is great. When pressure is applied to the various spots on the sole of the foot, it seems like all the tension that has built up there is being released; such a release of tension gives the body a feeling of instant relief.

Reflexology takes foot massage a bit further.

Reflexology is a healing practice where pressure is applied to certain areas of the foot– and sometimes the hands and ears– to bring healing to the body. These areas are called zones or reflexes; the heart of reflexology is the theory that each zone or reflex corresponds to a particular organ in the body. Reflexology uses to be referred to as zone therapy and some practitioners still make use of this term.

Practitioners of reflexology claim that the principles behind this healing practice have been in existence for around five thousand years. It is said that there are archaeological evidence that give proof of the practice of reflexology in Egypt, China and Japan as early as 2700 BCE. The practice of reflexology itself, only came to the western world during the 19th century.

In reflexology, it is believed that the feet, hand and ears area segmented into different zones or reflexes, and those zones correspond to a particular part of the body. It is also believed that the feet and hands are very sensitive, as they have pressure sensors that are related to the flight-or-fight mechanism of the body. The energy flow through the body can be blocked in these zones, causing stress and impairs the proper function of certain organs in the body. When the organs of the body fail to do their work properly, illnesses develop.

# Foot Massage

The feet are the most abused and yet the most neglected parts of our bodies. Our feet support our weight when we are standing, which can be too much if one is overweight or has been standing still for a long time. Whenever we walk or run, the first to feel the shock of the contact between the ground and our bodies are our feet. We keep our feet confined in shoes and socks or stockings for most of the day. The ladies are prone to stressing out their feet more because of the ridiculous necessity of wearing high heels. No wonder our feet hurt so much at the end of the day!

This is why a good foot massage at the end of the day can be exhilarating experience. Practitioners of reflexol-

ogy and alternative medicine claim that the nerve endings on the foot correspond to a specific organ of the body, and so massaging certain areas of the foot is like massaging that particular organ to which it is linked. What ever claims these practitioners of reflexology may have, the simple fact is that foot massage is so terrific



that many who get them on a regular basis are ready to state that it is al-

most as good as getting a fully body massage.