

## Walk, Talk and Eat

Cecilia Swensson Health Coach

Different massage therapy techniques applied by Walk, talk, and eat. Health coach Cecilia Swensson.

### **Swedish classic massage**

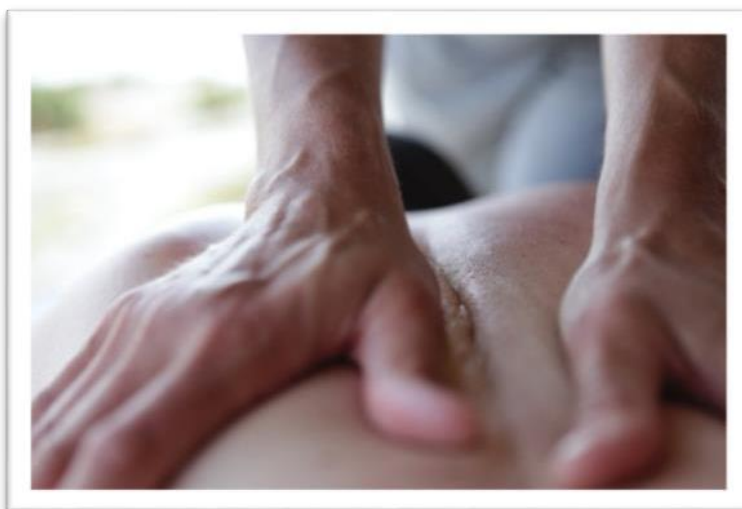
The most common type of massage is Swedish massage therapy. This is a massage technique which was developed by the Swedish Doctor Per Henrik Ling in the late 1800th century. The main aim of Swedish classic massage is to increase the oxygen flow in the blood and to release toxins from the muscles. There are variety of different techniques used in Swedish Classic Massage.

### **The benefits of Swedish classic massage are many:**

- It increases blood and lymph circulation.
- Has a calming effect on the nervous system.
- Releases toxins from muscles.
- Improves muscle tone, ability, and posture.
- Reduces both physical and mental stress.
- Helps to maintain muscle elasticity and suppleness.
- Promotes health and general wellbeing.

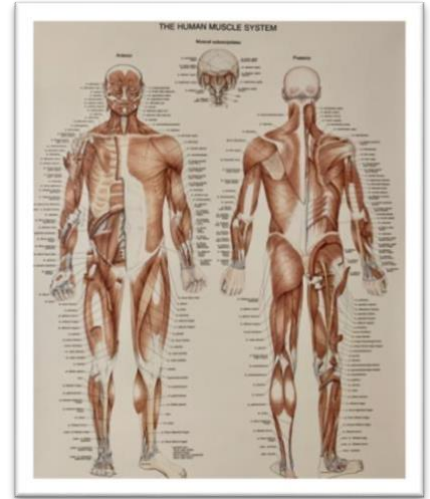
### **Indications for Swedish Classic Massage are:**

Muscle tension and knots, contractions, general muscle aches and pains.  
Preventative measures, need av relaxation.



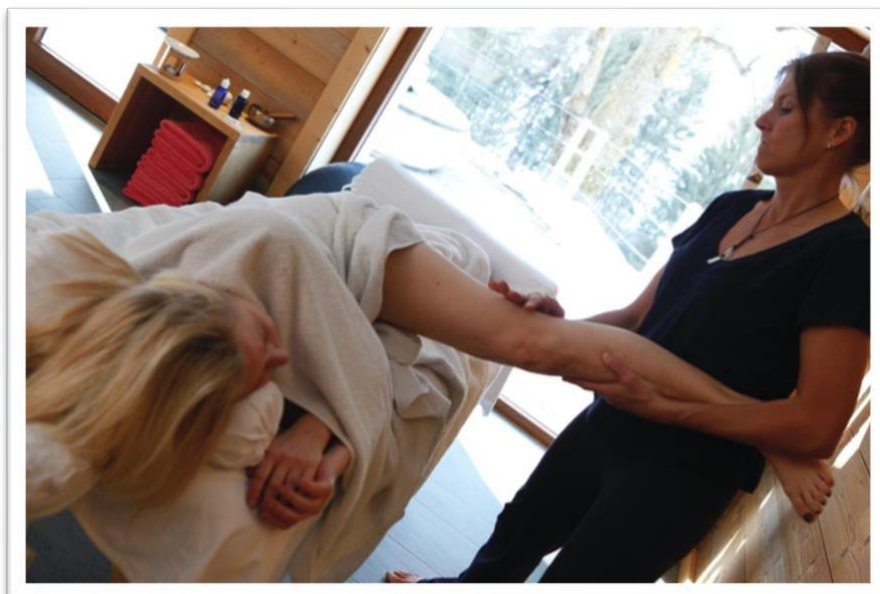
## Sports massage

Is a specific type of massage administered to athletes before, during and after sports activities or events. A variety of deeper specific techniques are often used in conjunction with both mobilization and stretching. They can be used either to address a specific need or injury or to enhance the performance of the athlete. In the case of where stress and tension has built up in the soft tissue of the body, due to either over abuse or over exertion, sports massage is an effective component in restoring homeostasis in the muscle tissue.



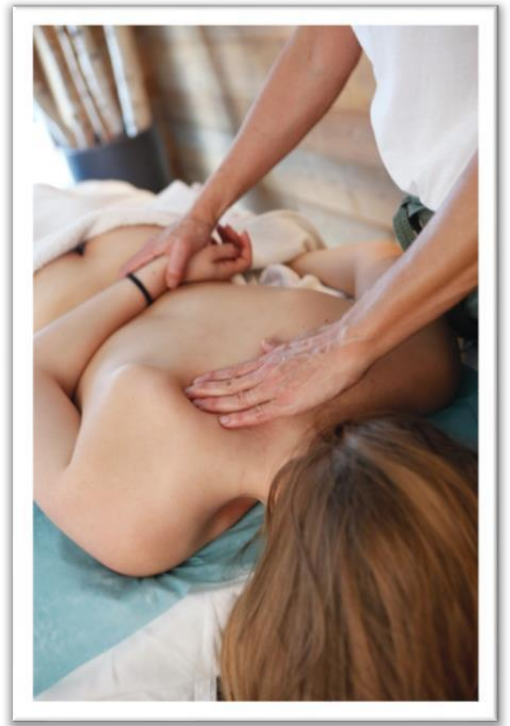
## Benefits of sports massage

- Mobilizes joints and improves the range of movement.
- Reduces muscle tension.
- Improves muscle tone.
- Prevents injuries.
- Enhance performance.
- Drains fatigue.
- Increase a sense of wellbeing.
- Improve the blood circulation and lymph flow.
- Reduces recovery time.



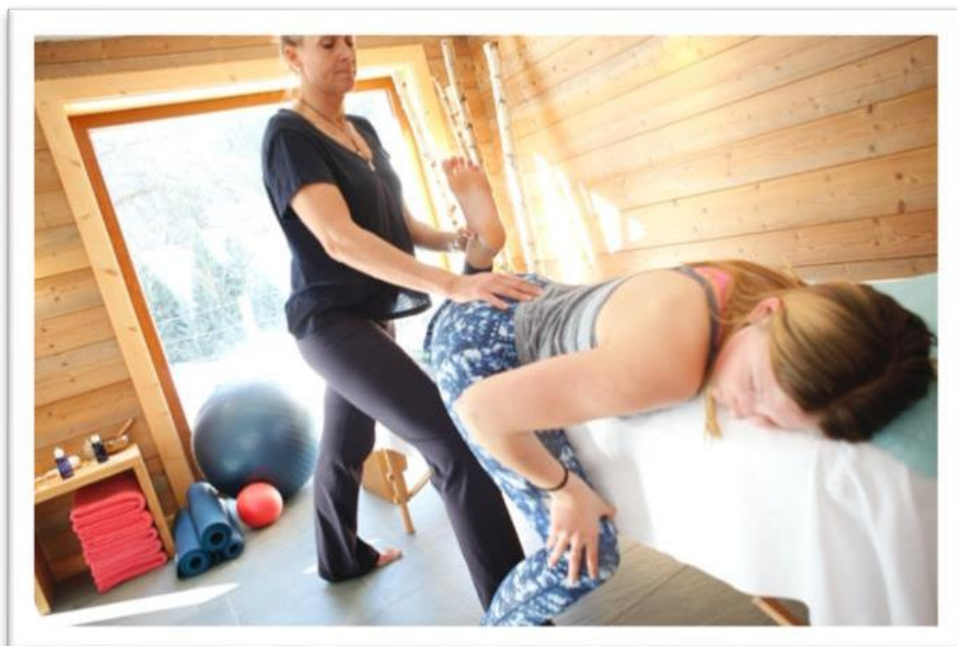
## **Neuromuscular therapy NMT**

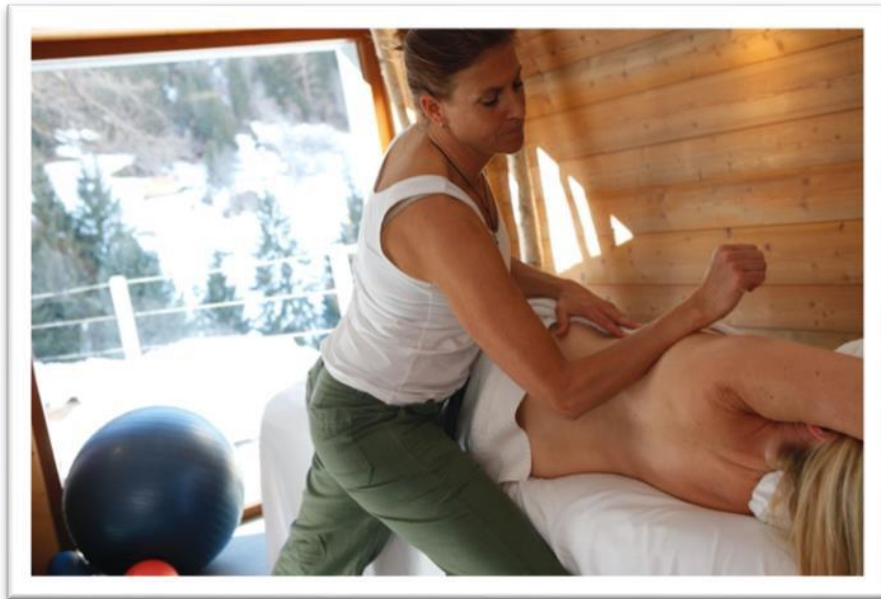
Neuromuscular therapy is a form of soft tissue manipulation that aims to treat underlying causes of chronic pain involving the muscular and nervous systems. This medically oriented form of massage addresses trigger points (tender muscle points), circulation, nerve compression, postural issues, and biomechanical problems that can be caused by repetitive movements or injuries. With Neuromuscular therapy the therapist can treat many different soft tissue problems.



## **PNF stretching (Proprioceptive Neuromuscular Facilitation)**

PNF stretching was originally developed as a form of rehabilitation for stroke patients. Today, it is also used on specific targeted muscle groups to increase their flexibility, improve their range of motion, and enhance muscular strength. Before any stretching can be performed it is important that the muscles are thoroughly warmed up which can be done through massage treatment. The technique mixes contraction and stretch of the targeted muscle or muscle group.





### **Myofascial release, Deep Tissue massage (MFR)**

Fascia is a thin, tough, elastic type of connective tissue that wraps most structures within the human body, including muscles, like a 3-dimensional net, without any beginning or end.

The fascia gets affected by dehydration, inactivity, stress, trauma, repetitive movement, inflammation, or bad posture. This often results in pain, muscle tension, and corresponding diminished blood flow, poor posture and restricted movement. The aim is to restore function to a soft tissue area by normalizing the movement in, and between, different structures.

Myofascial treatment/Structural deep-tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscle and fascia in the body; By using deep finger pressure and slow, firm strokes, the therapist treats a variety of physical ailments. When treating the soft tissue of the body with the fascia as focus the therapist work on several muscular groups and connective tissue in a structural fashion.

Over time, deep-tissue massage therapy can help break up and eventually erase scar tissue in the body. It does this by improving lymphatic circulation and drainage to improve flexibility and range of motion in the affected area.

Deep-tissue massage can be an effective treatment for injured muscles. Because it facilitates the movement of toxins from the muscles and helps stretch tight or twisted muscle mass, deep-tissue massage can help promote healing.



## **Contradictions to the above therapeutic massage techniques.**

- Any acute injuries or inflammation
- Fever
- Fractures
- Tumors
- Certain heart conditions and venous insufficiency disease

## **Tactile Massage**

Tactile massage is a very gentle non-verbal form of massage treatment where the therapist's hands gently activate the touch receptors in the client's body. It activates a basic physiological course of events such as the release of oxytocin, it gives pain relief, it stimulates the parasympathetic nervous system and reduces stress.

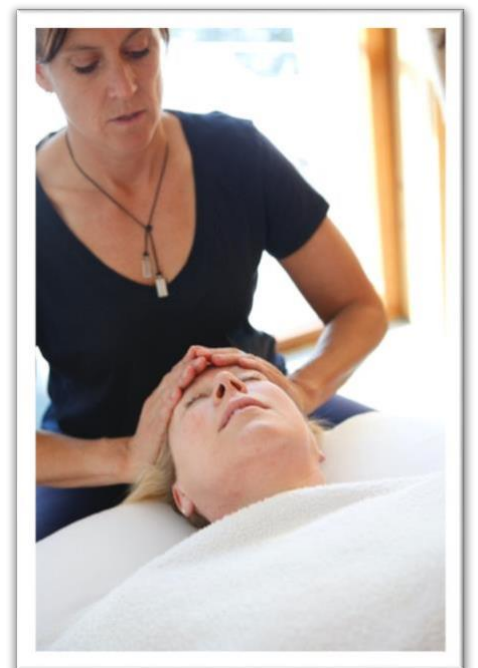
The massage is given without applying any pressure to the joints or muscles. A light touch is applied through gentle movements.

Tactile massage is administered in a specific way. It is developed according to the skin's dermatome (the sensory innervations of the skin) and according to the localization of the touch receptors.

Throughout the whole massage the client is completely swept in towels to create a warm and safe environment, this also promotes body awareness. The treatment is individually adapted to the client's needs, enabling the client to feel completely relaxed and taken care of.

## **Some of the benefits of Tactile massage are :**

- It activates the body's own painkillers.
- Promotes general sense of wellbeing.
- Aids recovery.
- Relaxation.
- Improves sleep.
- Lowers blood pressure.
- Increases body awareness.
- Reduces stress and anxiety.
- Improves bowel movement.



**Prices for any of the above Massage Treatments 55 minutes.**

At my practice in Verségères	100 CHF
At your home if you have a massage table	120 CHF
At your home if I bring a massage table	140 CHF