



El Aephau

Massage Therapy

MODALITIES

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Swedish Massage

Swedish massage is usually the first modality that comes to mind when I ask anyone about massage. It is perhaps the best known type of bodywork performed today. It is generally performed in the direction of the heart to aid circulation using long gliding strokes. If relaxation and relief of muscular tension is your goal, then this technique is right for you!

Done properly, Swedish massage therapy can go beyond relaxation. It is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing muscular tension. When combined with active or passive movement of the joints, it can also increase lubrication and range of joint motion.

Before and during a Swedish Massage Therapy session, I always encourage my client to communicate with me so that the massage is customized to his/her specific needs or goals.



Swedish Massage techniques include long gliding strokes, circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, and stretching.

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