



# El Aephau

Massage Therapy

## MODALITIES

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### Heat Therapy

Heat treatment or thermotherapy using a variety of applications, like moist heat, dry heat, hot stone, warming lotions to name a few can help give a deep massage and creating a sensation of warmth and comfort. They can help dilate the vessels in the area of application where it creates hyperemia (increased blood circulation), hence promoting oxygenation and elimination of metabolic waste in the soft tissues. Heat also have a general soothing and calming effect to the nerve receptors, thereby increasing the overall analgesic effect of massage.

Concentrated heat therapy done in the right temperature, right duration and right increments, combined with a customized full-body massage and accompanied by warming and cooling thermal products is proven to provide deep muscle pain relief from injuries and chronic conditions. With focus on the client's chief complaint (provided of course that heat is not contraindicated), Thermotherapy is ideal for anyone who suffers from chronic pain or limited mobility due to athletic training, repetitive movements, and overuse



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