

HEALTH BENEFITS OF REMEDIAL MASSAGE



You definitely feel stressed and tired after working for the whole week. Looking for the perfect healing process to get rid of this stress and tiredness is probably your aim to do. One of the most common thing that a person do at this moment is he goes to bed and gets sleep. No doubt sleeping has its own pleasure but for being more relaxed physically, one prefers to have Massage. This massage, when applied on a super tensed body or for muscle contraction abolition, it is then called "Remedial Massage". The word "remedial" makes clear that it is the special kind of massage mainly done for reduction of some physical or muscular afflictions. People around the world are looking for complimentary medicines to heal their ailments and usually the old-aged people prefer the Remedial Massage to get fit. The Remedial Massage has numerous benefits to make a person stress-free and fresh. What are they? We shall discuss in this article now.

- **Stress Reduction:**

Remedial Massage helps in reducing physical as well as mental anxiety. Moreover, it aids in a better stress reduction and makes you fresh. Human brain has two different hormones, one is the endorphins which relates to the good feelings and thoughts of a person, and the second is the cortisol which indicates the feeling of pain, stress or anxiety. Remedial Massage affects these hormones through increasing the level of endorphins and at the same time decreasing the cortisol level. This, on the one hand improves and enhances the mood and energy level, and on the other hand, aids in bringing down the anxiety and depression level.

- **Immunity Enhancement:**

Another benefit of Remedial Massage is that it improves the immunity level of the body. It eliminates the cells that are harmful for the body. It helps in the body's detoxification and maintenance of health through improving the lymphatic drainage. The inflammation cells in the body i.e. cytokines are removed through the remedial massage. In addition, the best thing that remedial massage does is that it boosts the white blood cells. This obviously increases the immune level of the body so that it could fight different diseases in an efficient way.

- **Posture Issue Remedy:**

Posture issue is the greatest dilemma of the indoor or the office job employees. People face different infirmities that include lower back pain, neck stress, and even tragic headache. There are many tips and techniques which the massage therapists apply in order to assess these kind of problems and eventually come up with a healthy treatment. What actually the therapists do is that they stretch and lengthen the muscles as this balances & re-aligns the body posture, and relieves tension and pain. As a result, the body becomes relaxed and counters these kind of posture issues, hence making possible for a person to sit and work for an extensive time period.

- **Increment in Flexibility Of Joints:**

A difficulty that many people face around the world is the joint and muscle problems in their shoulders, knees and other parts. These difficulties include lack of flexibility of the tissues, stiffness of muscle, arthritis and many more. Pain is the only thing that they have to face due to these muscle and joint ailments. The Remedial Massage comes up with the most efficient solution for these people as the therapists practice such techniques to mobilize and stretch these joints and muscles that the pain eventually vanishes. Moreover, through these massage techniques, the joints become more sturdy, stable and flexible.

- **Improvement in Sleep & Attentiveness:**

It is necessary for a healthy human being to sleep at night for at least 8 hours. A proper sleep helps a person to work efficiently throughout the day. However, there are many people who are not able to have essential sleep due to some reason. Remedial Massage can help these people to get relaxed and reduces fatigue, hence increasing attentiveness and focus on their work throughout the day.

Conclusion:

After getting know the benefits of Remedial Massage, It's a recommendation for the people out there to have Remedial Massage at least once in two weeks. What you have to do is to find the perfect and experienced therapist around you. So, get relief from stress and stay healthy.

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