

The Magic Of Massage--More People Are Considering Massage Therapy For Stress And Pain Relief

Louisville, KY--Getting a massage used to be reserved mainly for affluent people. Over the past few years however, it has become more and more mainstream as people are looking for alternatives in dealing with stress and pain.

Dec. 11, 2007 - [PRLog](#) -- As a lot of medical professionals are starting to use a comprehensive approach, including alternative therapies like massage therapy, in dealing with medical problems, Andrea Vogt-Palmer of [FitwithAndrea.com](#) says that receiving a therapeutic massage can do wonders for the body and soul. Some people get regular massages to deal with everyday stress, manifesting itself often in tight neck and shoulder muscles. Experts estimate that upwards of ninety percent of disease is stress-related. There is also something to be said about the power of the human touch, and statistics have shown that when, for example, babies born prematurely were given gentle massages, they gained weight faster and were able to leave the hospital earlier. After a massage, people feel generally positive, relaxed, even happy.

Massage is a perfect elixir for good health, but it can also provide an integration of body and mind. By producing a meditative state or heightened awareness of living in the present moment, massage can provide emotional and spiritual balance, bringing with it true relaxation and peace.

Vogt-Palmer points to the physical benefits of massage which can range from improved circulation, release of endorphins (the body's natural painkiller), decreased depression and anxiety, help with insomnia, lowering blood pressure, pain relief (like migraine and back pain), to helping heal injured muscles faster.

Studies have shown that when employees receive chair massages to deal with tight neck and shoulder muscles, they not only feel better afterwards but are also more productive, which provides a great selling point to the boss.

If you don't have a professional massage therapist handy, Andrea Vogt-Palmer suggests to try self-massage. When experiencing sinus pressure, get relief by placing your fingertips at the bridge of your nose. Slowly slide your fingers down your nose and across the top of your cheekbones to the outside of your eyes. For shoulder tension relief, reach one arm across the front of your body to your opposite shoulder. Using a circular motion, press firmly on the muscle above your shoulder blade. Repeat on the other side.

All in all, if you've never tried massage therapy, you should explore it. There is a good possibility that you'll get hooked.

[FitwithAndrea.com](#) is committed to showing how you can transform to a healthy lifestyle by creating healthy eating habits, increasing physical activity, de-stressing your life and generally having a more positive mindset.

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