

An Introduction to the Benefits of H₂O Massage Therapy

We've all heard it, said it or thought it before, "I need a massage." Once considered to be just the hedonistic pampering for the rich and famous, massage therapy is now finding enormous popularity among millions of North Americans.

Massage therapy provides relief to people from all walks of life. The weekend athlete, the over stressed executive, secretaries, the home gardener, servers, labourers. Virtually anyone can feel a need for massage therapy.

Numerous research studies conducted in the United State, Europe and Asia have documented that far beyond simply "feeling good," massage therapy has an impressive range of physical, mental and emotional benefits:

Physical Benefits of Hydro Therapy

- Physically relaxes the body
- Calms the nervous system
- Lowers blood pressure
- Reduces heart rate
- Slows respiration
- Loosens tight muscles
- Stretches connective tissues
- Reduces chronic pain
- Improves skin tone
- Increases blood and lymph circulation
- Speeds the removal of metabolic waste
- Stimulates the release of endorphins
- Improves muscle tone
- Relieves cramps and muscle spasms
- Increases flexibility and range of motion
- Promotes deeper breathing
- Speeds recovery from injuries and illness
- Strengthens the immune system
- Reduces swelling
- Improves posture
- Reduces tension headaches
- Increases tissue metabolism
- Decreases muscular deterioration

Mental Benefits of Hydro Therapy

- Reduces mental stress
- Promotes better sleep
- Induces mental relaxation
- Improves concentration

Emotional Benefits of Hydro Therapy

- Reduces anxiety
- Enhances self-image
- Provides a feeling of well being
- Promotes greater creative expression

H₂O Massage Relaxes Tense Muscles

Muscles can become tight and ineffective for many reasons. Stress, injury, poor circulation, overuse and misuse can cause you pain and discomfort as well as restrict range of motion. When left unattended, these conditions can become habitual and hinder quality of life.

Massage therapy stretches and loosens tight muscles and connective tissue, breaking down and preventing further formation of adhesions and freeing your range of motion.

H₂O Massage Reduces the Effect of Stress

Up to 99% of all visits to primary care physicians are for stress related complaints such as headaches, backaches, neck pain, eyestrain, poor concentration, anxiety, depression, irritability, anger, high blood pressure, heart disease, ulcers, as well as physical and emotional exhaustion.

Massage therapy has an amazing effect on your body's parasympathetic nervous system, it counteracts your body's negative response to stress, relaxing the muscle tension and allowing your heart rate, blood pressure and circulation to return to normal.

Massage therapy also helps you become more aware of your body and unconsciously held tension. As you become more aware of your body, you will begin to recognize tension as it builds during the day so that you can consciously release it before it can have a chance to negatively affect your body.

H₂O Massage Increases Blood Circulation

Like a sponge that is squeezed, a tight muscle cannot hold much fluid, nor can it allow much fluid to pass through it. This decreases your blood circulation and increases the strain on your heart. Among the obvious problems that this can cause, this can leave you feeling fatigued and sore, reducing your energy reserves.

Massage therapy releases contracted muscles and pushes venous blood towards the heart, thus easing the strain on this vital organ. This increase in circulation brings energy producing nutrients and oxygen to your cells as well as carries away metabolic waste products that can make you feel listless and drained.

In addition, massage therapy increases your body's oxygen carrying red blood cell count helping to bring even more oxygen to your body's cells.

H₂O Massage Decreases Chronic Pain

Far too many of us face chronic pain in our lives due to injuries or illness. Not only does massage therapy help to correct the conditions that cause chronic pain, but it also acts to decrease the actual pain itself.

Stimulated release of endorphins (your body's natural painkiller) into the brain and nervous system reduces your feelings of pain and discomfort without the use of unnatural drugs.

H₂O Massage Strengthens the Immune System

The lymphatic system is a major factor in your body's battle to ward off infection and heal injuries. The lymphatic flow is usually very sluggish in most people and especially in those who have less active lifestyles.

Massage therapy not only improves the circulation of blood and its vital nutrients, but also increases the circulation of lymph in your lymphatic system, which helps your body fight off infection.

H₂O Massage Can Improve Nerve Function

Contracted muscles can press or pinch nerves causing tingling, numbness or pain. Massage therapy relaxes these muscles to relieve the compression on your nerves. Sensory receptors in the skin and muscles wake up bringing new awareness to areas that have felt cut off by chronic tension patterns.

H₂O Massage helps you sleep better

Tension from everyday stress can disrupt your sleep leaving you tired, irritable and emotionally drained. This can rob you of the patience and stamina needed just to face day-to-day life.

Massage therapy relaxes tense muscles and calms the nervous system, causing your body's rhythm to slow down. When this happens, your blood pressure lowers, your heart rate settles and your breathing becomes deeper and more rhythmic, priming you for a perfect night's sleep.

H₂O Massage Improves Skin Tone

The sun, smog, poor diet and the natural aging process all contribute to the drying, wrinkling and general loss of the youthful characteristics of your skin. Massage therapy dilates the blood capillaries of the skin increasing the uptake of vital skin repairing nutrients and speeding the removal of harmful toxins. This improved circulation helps to moisturize your skin improving skin texture while relieving dryness and itching.

