

[The Fabulous effects of relaxation massage](#)

Massage is one of the oldest healing traditions used by many people, including the ancient Greeks, Chinese, and Indians in the past. Today, many people still benefit from massage therapy for various purposes such as pain relief, sports injury recovery, stress and anxiety reduction, relaxation, depression relief, etc. Relaxation massage is one of the types of massage that is very popular these days due to people's lifestyle in the world of technology. Stay with [Niloofare Abi](#) and read this article to learn more about the Fabulous effects of relaxation massage.

What is relaxation massage?



Relaxation massage is a kind of gentle and light [massage](#) that is done by pressing and rubbing hands on the body. This type of massage helps relieve muscle tension and improves blood

circulation. But as it is obvious, the main purpose of relaxation massage is to relax the body.

In fact, unlike other massages, relaxation massage works less on muscle tension and knots, so it does not cause the usual post-massage pains. We usually recommend deep massage techniques when you are in pain. If you are looking for hours of relaxation, a relaxation massage will be the best option.

A relaxation massage is typically a full massage performed in a place with music, soft lighting, and aromatherapy essential oils. Contrary to Thai massage, in relaxation massage, there are no movements like yoga, intense stretching, etc.

What are the benefits of relaxation massage?



Relaxation massage is a soft and gentle massage that relieves muscle tension and promotes relaxation. One of the benefits of relaxation massage is the improvement of blood circulation, which

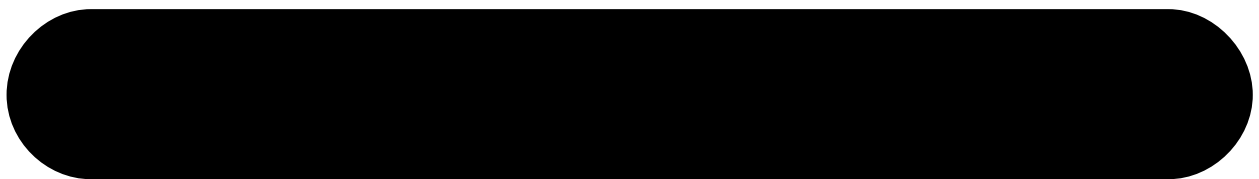
makes your organs and skin receive more oxygen. It also reduces fatigue and pain and improves energy levels. Muscle pain caused by exercise can also be usefully reduced by performing relaxation massage.

Whether you get a full body massage or just a back massage, this type of massage will help relieve back and neck pain. Relaxation massage will also improve digestion, elimination of toxins, and better sleep. The relaxing feeling of relaxation massage makes people fall asleep faster and get less disturbed during sleep.

These days, anxiety and depression have become a usual problem in our lives. Relaxation massage can reduce some of the symptoms of anxiety and depression.

Finally, relaxation massage can strengthen the body's immunity by reducing stress hormones and blood pressure. In general, people's overall health improves by doing relaxation massage.

Types of relaxation massage



There are different definitions of “relaxing massage”. Sometimes, relaxation massage is synonymous with Swedish massage. But in general, the difference between Swedish massage and relaxation is very subtle. Relaxation massage is performed by using Swedish massage techniques including long rhythmic strokes and small circular movements.

Unlike deep tissue massage, relaxation massage does not work on the connective tissue of the muscles. So, don't consider relaxation the massage to treat sports injuries or other discomforts, but instead, it is used to reduce muscle tension and relax the body. Many people do relaxing massages after a long week at work or to help improve their mental health. Ayurveda massage - an ancient Hindu way of care - can also be described as a relaxation massage.

What to do before a massage?

Before any massage therapy, drink plenty of water to help flush out toxins from the body. Unlike other therapies, such as sports massage, physical therapy, and reflexology, relaxation massage

typically has no special precautions. However, let your therapist know if you have a particular physical problem or are receiving any other medical treatment. Don't plan for vigorous activities immediately after the relaxation massage. Finally, do the massage at a reputable center to benefit from the fabulous effects of relaxation massage.