

[?What kind of massage do you need now](#)

Sitting behind a desk for long periods and inactivity have caused us to face many problems such as muscle cramps, stress, and fatigue. The good news is that many of these problems can be solved with massage therapy. But maybe you don't know, what kind of massage you need right now. Also, choosing among the types of massage and their techniques is not easy. So how do you know which massage therapy technique takes your health priorities into account? Stay with [Niloofare Abi](#), and get the answer to this question.

Swedish massage

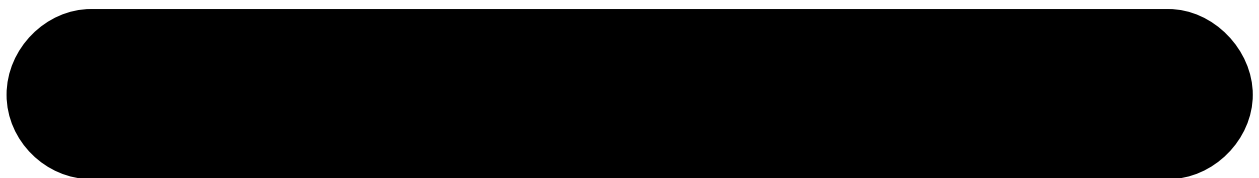
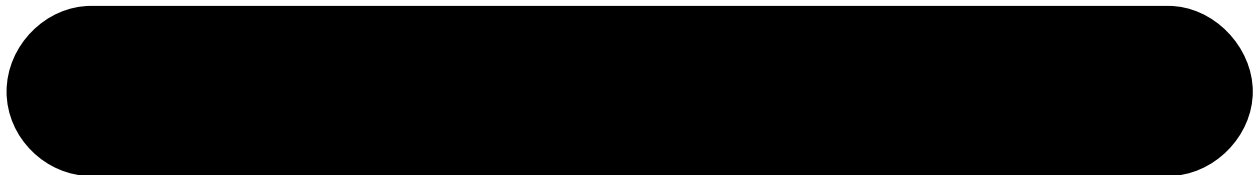


The best massage for relaxation, and stress relief is, the first message

The best massage for relaxation, and stress relief, is the Swedish massage. One of the best types of [massage therapy](#) is the Swedish massage. The benefits of Swedish massage include warming muscle tissue, and releasing toxins, tension, and pain.

The techniques of this type of massage are longer and more relaxed than many other types of massage. The Swedish massage technique is often performed using the hands, sometimes with the forearms. Swedish massage can be done using lighter or deeper pressure, but the movements are long, for example from the shoulders to the waist and up the back, or from the wrists to the upper arms to the neck and then back down again.

Deep tissue massage



The best massage for cramping or chronic muscle pain and recovery after injury

Deep tissue massage is a combination of different techniques used to increase the level of pressure

applied to the body. This type of massage is often done with the forearm or elbow to apply more pressure to the tissue. There are different types of deep tissue massage.

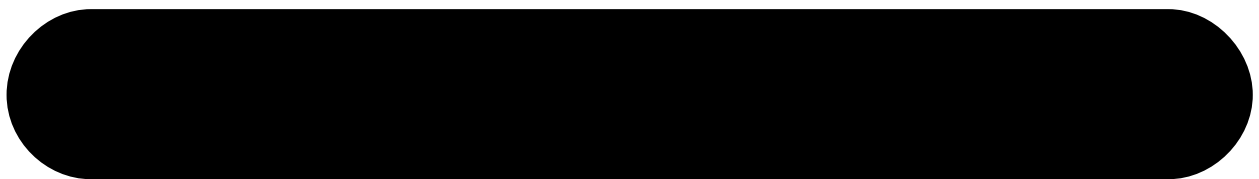
Petrissage is a massage movement that is very similar to kneading bread. The therapist uses this type of technique to bring blood flow to the injured area of the body. This technique is used in a specific area of the body.

Friction is the next technique in which it helps a part by creating heat in the body and more concentrated blood flow.

In Tapotement, using the tips of the fingers or with fisted hands, a quick and rhythmic tapping movement is performed. This technique usually applies more pressure to the tissues than other types of massage.

Most deep tissue massage techniques are performed at a slower pace and there is a lot of communication between the therapist and the massage recipient. For example, the therapist will ask you, "Is this pressure appropriate? Will the pressure increase or decrease?"

Trigger point massage

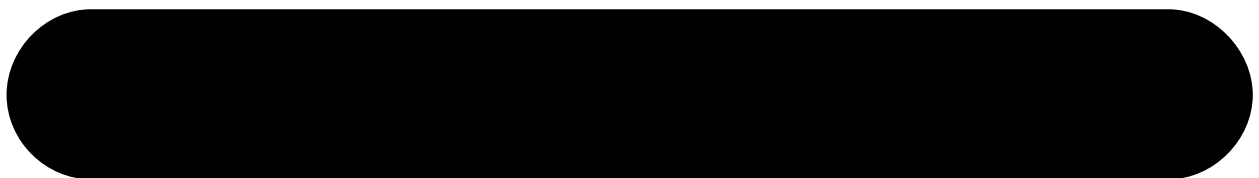
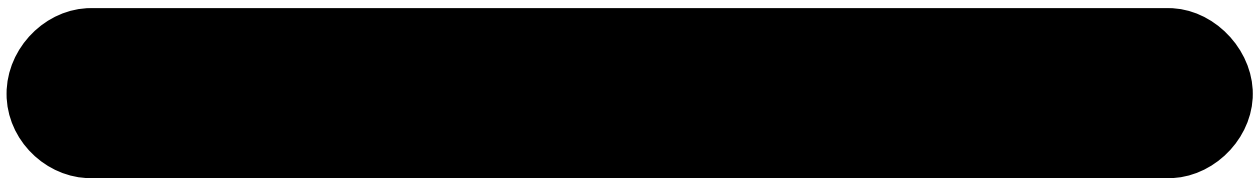
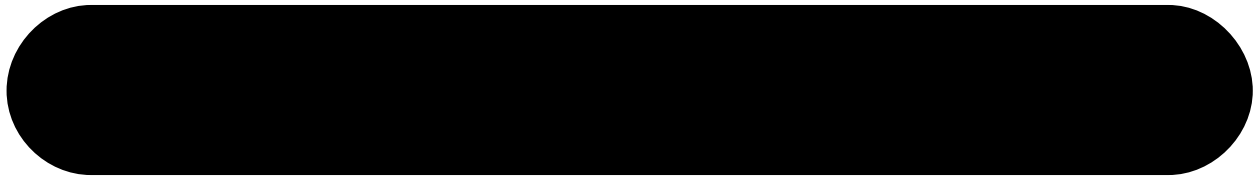


The best massage for releasing local knots and trigger points

First, let's have a brief definition of trigger points. Trigger points are small and inflamed nodes that form in the bone fibers of the muscle. These knots are different from muscle cramps, and if a person touches them, they feel pain. Trigger point massage is used to fix these knots. In this type of massage, they often use the thumb or elbow to apply static pressure to those points. The therapist can feel the knot to know when it is loosening. He is trained to know what the muscle feels like in this normal state.

In common trigger points—such as the area between the shoulders—toxins typically accumulate in certain areas of the body. When the therapist finds a trigger point and applies pressure to it, the pain often transfers to another part of the body. For example, if the therapist applies pressure to your hamstrings or the back of your leg, you may feel it in your lower back. Trigger point massage helps the injured person's muscle tissue return to normal.

Hot stone massage

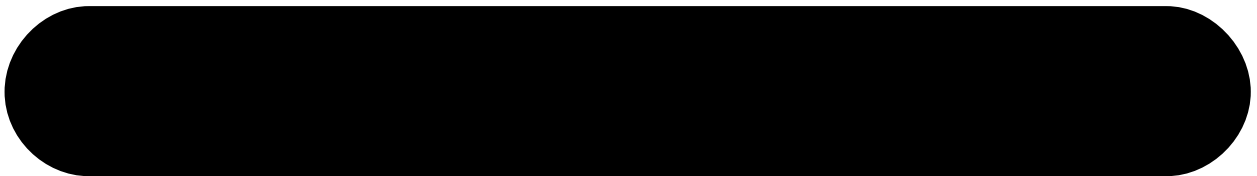


The best massage to relieve muscle tension without deep pressure, maximizing massage time

A hot stone massage may look great and sometimes feel uncomfortable, but these stones serve a clinical purpose. The shape of the stones allows the therapist to use certain techniques and can bring many therapeutic benefits. In the hot stone massage technique, the round edge of the stone is used around the shoulder blade or in the back or neck area to relax the tissue between the muscles and bones.

Another benefit of hot stone massage is the heat that is transferred to your body when these stones work on your back or neck, so the therapist can work more effectively.

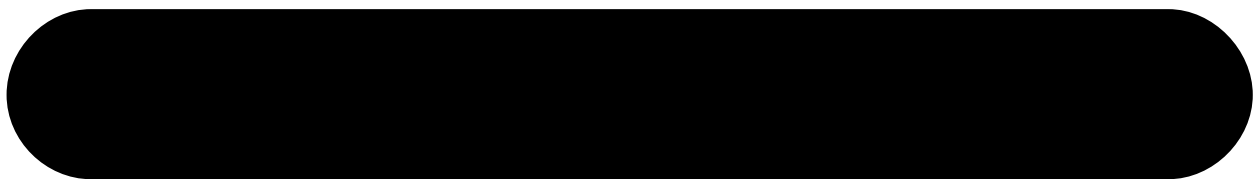
Sports massage



The best massage to prevent and treat injury and increase sports performance.

Sports massage is mostly used before or after a sports event. For example, a sports massage may be used on the day of or the day before an event such as a marathon to prepare the body for that race. Sports massage is typically not as relaxing as other types of massage and is faster than Swedish massage. The techniques used by the therapist to apply pressure to the body will be at a higher speed. Assisted stretching is also a common sports massage technique and is used to help eliminate lactic acid build-up in the muscles.

Thai massage



The best massage to create energy and vitality, and reduce muscle cramps and spasms

It is better to know that Thai massage is a firmness massage, it is performed on clothes and does not use oil. So if you are looking for a gentle and relaxing massage, Thai massage is not for you. The benefits of Thai massage include reducing stress, improving blood circulation, increasing concentration, etc. Techniques such as yoga stretching are used in Thai massage. The therapist uses his palms, fingers, knees and even elbows to apply firm pressure and move different parts of your body.

The right technique, the right therapist

Our suggestion is to know your needs first and be sure to get a massage at a center whose therapists are trained and have enough experience. A reputable massage therapy center that has high quality will pay attention to your health history, goals, challenges and lifestyle to provide you with the best type of massage.