

The Benefits of Full body Massage



Benefits for the Client

1. Temporary compression of tissues might facilitate an increase in blood flow to areas that were previously ischaemic.
2. Full body massage is useful for improving joint range of movement, especially when stretching techniques are employed.
3. Full body massage helps with the treatment of trigger points.
4. The stillness of the compressive techniques might facilitate acclimatisation, which is useful at the start of treatment.
5. Full body massage might increase blood flow to an area before treatment.
6. Full body massage decreases tone in muscles.
7. Full body massage stretches muscle and fascia.
8. Techniques such as stripping might be helpful for improving muscle function, especially when previously damaged muscle fibers have been adversely adhered with collagen.
9. Full body massage can assist in the treatment of cramping.
10. Full body massage helps address issues of muscle imbalance by helping to lengthen targeted muscles.
11. Full body massage is a pleasurable sensation for clients who like deep pressure.
12. Some of the stretching techniques are particularly useful for clients who like to be actively engaged in their treatment (such as many athletes).

Benefits for the Therapist

- Full body massage provides the therapist with an additional treatment tool; being qualified to offer Full body massage in addition to Swedish or holistic massage might increase a therapist's client base.
- Full body massage might be a less strenuous way to apply massage because Full body massage relies more on body weight and leverage than on movement or strength.
- Being able to apply (all) compressive and (some) stretching techniques through clothing or a towel means the therapist can treat some clients unable to receive oil massage.
 - The therapist can treat clients in offices, through clothing, perhaps incorporating and adapting some of the techniques into a chair massage routine.
 - Focusing on areas of tension and avoiding bony structures helps develop palpatory skills.
- Using forearms, fists and elbows means the therapist is less likely to suffer overuse injuries of the fingers, thumb and wrist joints.
- Full body massage is safer for therapists who are hypermobile in their upper limb joints.