



Massage Therapy

is the manipulation of muscles and their tendons, ligaments, and other connective tissue by applying pressure to the body.

Reasons People Go for Massage Therapy

- Relief from minor pain
- Recover from fatigue
- Reduce stress
- Relax and loosen stiff, sore muscles
- Enhancement of athletic performance

But whether there is a specific goal or not, massage therapy tends to increase the general health and well-being of the recipient.

How Massage Therapy Works for You

- **Physical** – Pressure on the skin can loosen stiff muscles and connective tissue. Heat can also loosen stiff muscles. Some massage technique use heating pads and rapid hand friction to heat the muscles.
- **Physiological** – Massage Therapy can help the body release certain chemical. These chemicals helps us relax, improve blood circulation and get rid of toxic substances that build up in our muscles as they work.
- **Psychological** – Many people who get massages feel better taken care of because of the touch and contact with the therapist.

Relaxation with massage may improve the immune system. The body's immune system fights off germs and sickness. When the body is stressed, the immune system is less able to fight off disease.

DOs & DON'Ts with Massage Therapy



DOs

- Allow time to relax before a massage. A steam bath, hot tub or sauna can help you relax. They soften your muscles, making massage more effective.
- Be physically and mentally ready for the session. Massage works best when you are relaxed.
- Remove any jewelery that might interfere with your massage.
- If anything happens during the massage that makes you feel uncomfortable, ask the therapist to stop. It is your right to end the massage at any time, for any reason.
- Drink plenty of water after your massage session because water helps flush out the muscle toxins.

DON'Ts

- Do not take a heavy meal right before a massage session.
- Do not apply any oils or lotions on your body before the massage. It may interfere with the massage oils that are supposed to be used for the session.
- You should not massage on a burn, infected skin, herpes or cold sores, bruises, swellings or open cuts.
- People with certain medical conditions should not have a massage.
- Massage therapy should not be expected to cure acute pain and illness.

What You May Not Know About Massage Oil

Have you ever realized that doing body massage without using massage oil can be extremely harmful? Body massage produces friction that generates heat, disturbing the gases in your body. Therefore, body massage oils are used to facilitate smooth massage of your body.

Functions of Massage Oil

▶ **E**liminate friction and divide heat evenly through your body

▶ **H**elps practitioner's fingers find the right amount of pressure to be applied at the pressure points

▶ **A**pplication of massage oil at the junction of spine and skull, they calm the entire nervous system, strengthen memory and improve the eyesight

▶ **U**sed with circular pressure, it alleviates stress



▶ **M**edicinal ingredients in the oil ensure skin nourishment and strengthen the nerve fibers

▶ **H**eat of the oil help release endorphins, relaxing the body to a tremendous degree

▶ **A**pplication of massage oil to the navel helps to get rid of dryness of the whole body

▶ **F**ragrance from trees, plants and seeds enhance the treatment

DXN Gano Massage Oil



- **Natural Ingredients – 30% Ganoderma Extract and 70% Palm Oil**
- **Rich in anti-oxidants - Vitamin A, E and beta carotene**
- **Vitamin E promotes moisture to skin and hair**
- **Provides pain relief through ganoderma's action in improving local blood circulation which effectively deals with main source of muscle soreness spasm and lactic acid accumulation.**
- **No salicylate, thereby avoiding the danger of salicylate induced dermatitis and drug toxicity.**
- **Palm Oil triglycerides carry linoleic acid which favours absorption and availability for use in the body.**
- **Adenosine in the Ganoderma mushroom helps improve muscle tone and contractible.**
- **Suitable for all skin types and all ages.**