

## About Massage Therapy

Massage therapy has become an important part of general health care for many people living in today's stressful world. Traditional healthcare systems throughout the world recognize that therapeutic massage can play an important role in treating illness or chronic ailments, and can contribute to a higher sense of general well-being.

Massage is one of the oldest, simplest forms of therapy and is a system of pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin, it also works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone. Although it largely affects those muscles just under the skin, its benefits also reach the deeper circulation and assists the lymphatic system (which runs parallel to the circulatory system), improving the elimination of waste throughout the body. Although a single massage will be enjoyable, the effects of massage are cumulative and a course of massage treatments will bring the most benefits. Regular massage can have the effect of strengthening and toning the entire body mechanism, and so help prevent unnecessary strains and injuries that might otherwise occur due to excess tension and any resulting structural weaknesses. Massage can stimulate or calm the nerve system - depending on what is required by the individual - and thus help reduce fatigue, leaving the receiver with a feeling of replenished energy. At its best, massage has the potential to restore the individually physically, mentally and spiritually.

### **Cupping Massage**

This therapy has its roots in ancient Chinese medicine but is becoming more popular recently. Cupping means that a suction and negative pressure are used to drain excess fluids and toxins, loosen adhesions, bring blood flow to your skin and muscles, and lift connective tissue. This therapy intensifies the effects of massage and other treatments for the body.

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### **Cupping Massage** (continued)

Cupping is achieved by using various sized de-pressurizing glass, bamboo or rubber cups. The vacuum that is created between the cup and the skin is called negative pressure. It has a sedating effect on your nervous system and also creates a sensation of light pressure on your skin, which is similar to a traditional massage.

Most people that have this massage therapy done will talk about feeling a warm, tingling sensation long after the treatment has stopped. This therapy increases circulation to injured muscles, decreases swelling, and stimulates lymphatic flow. It is also recommended for:

- Muscle tension
- Neuralgia
- Headaches
- High blood pressure
- Fatigue
- Anxiety
- Tightness of any tendons
- Chronic pain
- Spasms in the middle to lower back

This therapy is a unique, natural and simple technique that provides many long-term benefits.

We provide a variety of massage treatments: sports massage, pregnancy massage, Swedish, and myofascial release (releases tension from the fibrous bands of connecting tissue/fascia). Call us today to schedule your therapeutic massage appointment!



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