

## What is Swedish Massage?

Swedish Massage is in fact very similar to Aromatherapy. However, with Swedish massage the therapy is in the strokes themselves (rather than in the essential oils). The pressure varies according to your needs, although the movements tend to be deeper and broader than those used in Aromatherapy. This is calming and nurturing for the recipient, both releasing tension and restoring energy.



## Essential Oils

These are chosen each time you receive a treatment. You are also welcome to select ones that you like in particular, or to ask about the oils.



## The Effects of Touch

Studies have shown that infants who received physical affection consequently thrived, whereas those who went without failed to grow properly and became ill. It has also been shown that hospital patients who receive caring touch or massage convalesce far more quickly than those who do not.

### How it can help in times of crisis

Following bereavement or during a heavy period of stress, receiving a massage from a caring practitioner increases confidence and gives reassurance. This benefits us in all areas of our life.

Receiving a massage is also a very healthy way to give yourself a reward after a period of hard work. It can help you regain a sense of peace and greater clarity.

### Benefits:

- ◆ Better sleep
- ◆ Reduced stress
- ◆ Increased energy
- ◆ Relaxes aching muscles
- ◆ Detoxifying
- ◆ Better skin tone
- ◆ Improved blood circulation
- ◆ Boosts the immune system

## The Magic Ingredient

Caring touch: this is something we tend to dismiss - yet its effects are profound. Without it, we can feel alone with our problems and experience great stress. In a city like Hong Kong, this is something we especially go without. Most of us are out of our homes all day in a noisy and crowded environment and do not have enough time or opportunity to receive this.