



WWW.KYOHOLISTICS.CO.UK

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What is Holistic Massage?

Holistic massage therapy deals with the patient as a 'whole', taking everything into consideration i.e. diet, health, lifestyle, past medical history and the present mental/medical health of the patient.

Holistic therapy is not just interested in treating the symptoms of the patient, but to establish the cause, whether that be internal or external.

The aim is to rebalance the body, returning it to homeostasis or balance.

Muscles are manipulated by the hand massage movements in order to:

- Break down clusters or lumps of stress and tension held within the body.

Hands on stretching and breathing exercises are also incorporated into the massage routine to increase flexibility and aid relaxation.

The therapist will undergo extensive training in order to treat the patient; this includes the knowledge of anatomy and physiology, nutrition and general health issues.



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The Treatment

The therapist will administer:

multiple massage strokes
pressure & holistic techniques
stretching & breathing exercises to stimulate organs and body systems.

Base oils are used to lubricate the skin during treatment which have beneficial effects on the skin;

increasing moisture
improve skins appearance

The therapist will offer advice to prolong the effects of the treatment between visits. Patients will usually feel and see an improvement in both mental and physical well being as the treatments progress.

Music is sometimes used as an aid to relax the patient.

Treatments can be tailored to either stimulate or relax patients depending on their preference.



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Benefits of Holistic Massage

Here are just some of the benefits of Holistic Massage:

- Detoxification of the body & its' systems
- Aid lymphatic drainage
- Improve elasticity & appearance of the skin
- Decrease stress
- Improved emotional & physical well-being
- Stimulates blood flow
- Releases endorphins
- Decreases emotional tension
- Drug free & non evasive
- Improved movement within the joints & muscles

The therapist will keep a note of each visit, documenting what they found, improvements or declines in health and well being.

• Patients who are taking medication may have to get consent from their GP as to whether or not they are suitable for treatment, and those who are unwell e.g. suffering from a cold etc, will not be treated until they are at optimum health.