Imagine:

A spa where all of the senses are stimulated. Where the skin feels warm from the nurturing touch of the therapist, the muscles feel soothed and relaxed. Where aroma-therapeutic oils and flowers tantalize the sense of smell. Where the eyes feel soothed by nature's harmonious color palette. Where the taste buds are awakened by a sweet sensation of exotic teas and natural cocktails. Where the calming sounds of the fountain can be heard, gently comforting you to sleep. All that you have imagined can be found within **The Fountain Clinic.**



Get back to your life.™

the Fountain™

Age Management and Aesthetics

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Massage Therapy

Patient Information About Massage Therapy

the Fountain™

Age Management and Aesthetics

About Massage Therapy



What is a massage?

Massage therapy is the scientific manipulation of the soft tissues for the purpose of normalizing those tissues. Techniques include applying fixed or movable pressure, holding, and/or causing movement of the body.

Massage promotes the flow of blood and lymph, reducing muscular tension or flaccidity. Effects on the nervous system by stimulation or sedation promote enhanced tissue healing.

Benefits:

- Relieves muscle spasms
- Increases flexibility and range of motion
- Increases the ease and efficiency of movement
- Relieves stress and aides relaxation
- Improves circulation of blood and movement of lymph
- Relieves tension-related conditions, such as headaches and eyestrain
- Promotes faster healing of soft tissue injuries, such as pulled muscles, sprained ligaments, and reduces pain and swelling from such injuries
- Reduces the formation of excessive scar tissue following soft tissue injuries and liposuction
- Enhances the health and nourishment of skin
- Improves posture through changing tension patterns that affect posture
- Reduces stress and is an excellent stress-management tool
- Creates a feeling of well-being
- Reduces levels of anxiety
- Promotes a relaxed state of mental awareness

Massage therapy also has a number of documented clinical benefits.



For example, massage can reduce anxiety, improve pulmonary function, and reduce psycho-emotional distress in persons suffering from chronic inflammatory bowel disease.

Some medical conditions that massage therapy can help are: allergies, anxiety and stress, arthritis, asthma and bronchitis, carpal tunnel syndrome and other repetitive motion injuries, chronic and temporary pain, circulatory problems and depression, digestive disorders, tension headache, insomnia, myofascial pain, and sports injuries.

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