

The Massage Monthly

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Comfort For All

An Introduction to Clothed Massage

Faith Cornwall

While we most commonly think of massage as involving a massage table with lotions or oils, and draped sheets for privacy, did you know there are many kinds of massage you can receive while still keeping your clothes on?

The style of clothed massage you are most likely to be familiar with is chair massage. Available at airports, health fairs, and even in grocery stores, chair massage is easy to give and receive in public places. But the options for clothed massage don't end with this traditional favorite.

TYPES OF CLOTHED MASSAGE

Many of the techniques used in chair massage are adapted from shiatsu, a type of massage that originated in Japan and

meridian theory to feel the effects of a shiatsu massage--simply lie back and enjoy it as you would any other bodywork. Traditionally given on a mat on the floor, shiatsu has also been adapted to the table. While appropriate for relaxation and wellness, it also utilizes passive stretching.

Tui na and Thai massage are two other types of Asian massage. Both use many of the same techniques as shiatsu to ease the recipient into a state of relaxation. The more gentle tui na is generally given on a table, while the more vigorous Thai massage is traditionally given on a floor mat, though it may be adapted to tables as well.

Acupressure uses the same meridian system as acupuncture, but uses the

Time doesn't heal. It's what you do with the time.

-Edith Eger



Clothed massage is a great introduction to bodywork

literally translates into "finger pressure." Like acupuncture and traditional Chinese medicine, shiatsu uses a system of energy meridians. Techniques used include brushing, compression, kneading, rocking, shaking, stretching, and, of course, thumb pressure, to stimulate the meridians. You do not have to be interested in, or knowledgeable about,

practitioner's hands and fingers instead of needles to stimulate each point. Of all the kinds of massage mentioned here, acupressure is the subtlest.

Reflexology, a style of massage that aims to affect the whole body by touching only the hands and feet, is another widely available type of massage that can

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Office Hours and Contact

218-263-1501

www.ohanatherapeutic.com

E/O Mon: 11am-6pm

Tues: 9am-1:30pm

Wed. & Thurs: 11am - 6pm

E/O Fri: 9am-1:30pm

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be received fully clothed. It is great for people who do not wish, or are unable, to receive touch on the rest of their body (for instance, due to burns, a rash, or modesty).

Sports and deep-tissue massage may be given partially clothed--for instance, in a sleeveless shirt and shorts--if the session is focused on one area of the body, such as the calf or forearm. Oftentimes, you'll see massage tents set up at various sporting events, like bike races. Weary athletes will find their way to the massage tables after a day's ride, looking to have their aching muscles attended to through their clothing.

A GREAT WAY TO START

If you have ever felt timid about undressing for a session, or have a friend, family member, or colleague who is hesitant to try massage for that reason, clothed massage can be a great way to feel safe and secure while receiving the healing gift of touch. You may also enjoy it simply because the sensation of being touched through clothing is different from the sensation of skin-to-skin contact. Ultimately, if remaining clothed gives someone the courage to try massage for the first time, then it's a worthwhile option.

In shiatsu, there is a saying: "It takes almost as long to learn how to receive shiatsu, as it does to give it." This is a great reminder that touch therapy is a very wide world, with many different flavors, tastes, and colors to try and explore. Good luck on your bodywork adventure!

Faith Cornwall is a massage therapist, yoga teacher, and student of Healing Touch in Oakland, California.



Reflexology therapy

Keeping Your Back Healthy

Tips to Avoid Lasting Pain

Chances are good that, at some point in your life, you will have back pain. In fact, 70-85 percent of Americans will experience back pain at some point in their lives. But even with those odds, there are still several ways to minimize your risk and give yourself the best chance to live pain-free.

Several factors can cause back pain, including stress, poor posture, bad ergonomics, lack of exercise, arthritis, osteoporosis, a sedentary lifestyle, overexertion, pregnancy, kidney stones, fibromyalgia, excess weight, and more.

With all of these potential causes lurking, it's important to look at behaviors that can help you prevent and avoid back pain before it starts. Here are a few simple healthy back tips from the National Institute of Neurological Disorders and Stroke:

- Stretch and warm tissues before exercise or other strenuous activities.
- Practice good posture. Avoid

slouching when sitting or standing.

--When standing, keep your weight balanced on both feet.

--Follow good ergonomics in the workplace. When sitting for long periods of time, rest your feet on a foot support. Make sure your chair and work surfaces are at the proper height. Get up and move around in between long sitting stints.

--Avoid high-heeled shoes.

--Watch your weight. Excess weight, especially around the waist, can put undue stress on lower back muscles.

--Exercise. Core strengthening moves, especially, will also benefit your back.

--Don't lift items that are heavier than you can handle. Remember to lift with your knees, not your back. Pull in your stomach muscles, keep your head down and in line with your straight back, and do not twist when lifting.

--Get a massage. Using therapeutic bodywork can melt pain-inducing stress away from your back and the rest of your body.



Massage is a great way to beat back pain.

Massage for Seniors

Bodywork Improves Quality of Life

Almost 35 million Americans are age 65 or older, and about 2,000 more reach this age every day. As the U.S. demographic shifts to an older population, it's important to find ways of helping our elders maintain their health and vitality. Massage for seniors is gaining importance as an alternative therapy to increase quality of life, and many massage therapists are getting special training to better serve this growing population.

SENIORS' SPECIAL NEEDS

While similar in technique to other forms of massage, geriatric massage considers the special needs of the elderly. The specialty trained practitioner knows about positioning for greatest comfort and will often have the client rest in the same position for the entire massage. Mobility challenges

may dictate the massage be done in a bed or wheelchair. The therapist may also work both sides of the body at the same time to enhance body awareness, or only work hands and feet, if the client prefers. Sessions may be limited to 30 to 45 minutes, as older clients often do better with shorter, more frequent, massages.

The geriatric massage therapist is aware of health issues associated with aging and how to safely work with this type of client and with associated physicians. Consequently, the practitioner is able to individualize the massage service based on the client's health, mobility, and comfort level.

BENEFITS OF GERIATRIC MASSAGE

A recent study conducted at the Weaver's Tale Retreat Center in Oregon looked

at the effects of massage for elderly clients. The results of the two-year study showed that participants experienced a decrease in breathing rate of 50 percent and an improvement in range of motion, posture, body awareness, skin color, and muscle tone. Furthermore, it is well documented that caring touch benefits emotional well-being in seniors -- a population at greater risk of suffering from depression.

Massage therapy can add to the quality of a senior's life, both physically and emotionally. Consider booking a session for someone you love, and make a difference in their life.

When you stop trying to control things you have no control over, you free up a lot of energy to focus on what you do.

-Unknown

UPCOMING EVENTS

We are so excited to have the beautiful Mrs. Jennifer back to offer some special services!

Intuitive Readings: Friday, October 4th from 10am - 1:30pm
Reiki Level 1 and 2 Attunements: Saturday, October 5th.

Visit our Ohana Benefits Page or contact her to learn more:
651-470-6036 or jenswen411@gmail.com

UPCOMING HOURS

E/O Monday (9/9, 9/23, etc.): 11am - 6pm

Tuesdays: 9am - 1:30pm

Wednesdays: 11am - 6pm

Thursdays: 11am - 6pm

E/O Friday (9/6, 9/20, etc.): 9am - 1:30pm

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