



Regardless of the massage you choose, keep these tips in mind:

- Drink water after your massage
- Undress to the point of where you feel comfortable
- Remember to breathe
- A warm shower before is a great idea
- Workout before, not after your massage
- Avoid eating right before

Don't be silent! says Milena Daza LMT

"It may seem out of place to tell your massage therapist to do "more of this," or "less of that," but that's exactly what we want you to do. During the massage, you shouldn't be afraid to tell your therapist if something they are doing is uncomfortable. If the pressure is not right, or if you have a question about what they're doing. Be sure to ask them to spend more time on a certain area if that is what you want."

Remember a massage should not rub you the wrong way!

Helen to the Rescue Getting the Massage for You

By **Helen Pufahl MS, NASM-CPT** Resident Contributor

Massage is perhaps one of the oldest healing traditions. Ancient Greeks, Egyptians, Chinese, and Indians were convinced of the therapeutic properties of massage and used it to treat a variety of ailments.

Massage helps by flushing waste products out of the muscles by using a variety of techniques that vary in touch, pressure, and intensity. Massage prompts the release of endorphins which are the brain chemicals (neurotransmitters) that produce feelings of wellbeing. Levels of stress hormones, such as adrenalin, cortisol, and norepinephrine, are also reduced. Studies indicate that high levels of stress hormones impair the immune system.

Massage 101

Massages can be separated into two varieties: medical and spa massages.

A medical massage – works deeper into the belly of the muscle. Sometimes using cupping, trigger point, or reflexology treatment that is planned with a specific goal in mind, factoring in and around your health needs. In addition to stress relief and relaxation, a medical massage focuses on managing pain, reducing inflammation, improving circulation, relieving nerve compression, improving digestion, and increasing flexibility.

A spa massage (Swedish, Aromatherapy) – a gentle type of full-body massage that's ideal for people who: are new to massage, have a lot of tension, or are sensitive to touch. It can help release muscle knots, and it's also a good choice when you want to fully relax during a massage.



Helen's love of fitness began at an early age. She practiced dance, gymnastics, as well as, track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Owner: Unique Health & Fitness

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