

Secrets Of A Healer

Magic of Massage



ConstanceSantego.ca

Types Of Massage

- ◉ Aroma Scalp Massage
 - > Specific Techniques, taught to use on the head and scalp, a personalized therapeutic blend of Essential oils are blended to stimulate your senses.
- ◉ Athletic Massage
 - > Using the techniques taught in the Swedish Massage course, a practitioner combines specific moves on specific muscle groups for each individual sport.
- ◉ Back, Neck & Shoulder Massage
 - > Using the techniques taught in the Deep Tissue Massage course a practitioner combines specific moves on the back, neck and shoulders.
- ◉ Breast Massage
 - > Specific techniques & moves for the purpose of lymphatic drainage. Excellent for cancer patients or preventative medicine.
- ◉ Chair Massage
 - > The client is clothed and usually sitting in a specially designed chair. This massage can be done using Swedish Massage moves, though usually taught using the Shiatsu pressure points.
- ◉ Deep Tissue Massage
 - > The practitioner is using approximately a 9 to 10 pound pressure while massaging the client for the purpose of muscle, fascia and connective tissue manipulation. Can be very painful for the client.

More Types Of Masage

- ◉ European Lymph Drainage Massage
 - > This is a very specific massage taught to help drain the lymphatic system. Excellent for pre-post surgery, weight loss, relaxation and after competition sports.
- ◉ European Lymph Drainage Massage with Aromatherapy
 - > Just adding therapeutic essential oils to the carrier used in the massage to help boost energy, natural healing or to uplift the spirits. Pressure is at approximately 2 pounds.
- ◉ Hot Stone Massage
 - > The ultimate relaxation massage, using heated basalt (lava) stones! But be careful, this massage has contra-indications (cannot use if you have some medical issues – if you can be in a hot tub submerged for twenty minutes, you should be able to have this massage).
- ◉ Pregnancy Massage
 - > A wonderful massage to do on a pregnant woman, during her whole pregnancy. Relief of muscle aches and pain, cramping, swelling, the carrier oils help to prevent stretch marks.
- ◉ Swedish Massage
 - > We call this a muscle massage; it is used to stimulate the body to have more energy and to help relax those aching muscles. Pressure is at about 4 pounds.
- ◉ Table Shiatsu
 - > Not really considered a massage, the client is clothed and lying down on a massage table for the entire session. It is excellent for improving flexibility and balancing the body's meridian system. The practitioner uses Chinese Medicine's knowledge of finger pressure (acupressure).

Relaxation



Rejuvenate
& Revitalize

Spa Massage vs Massage Therapy

In Canada and the USA, Massage Therapy is governed by many regulating bodies. Each province and state has its own association and rules. In Canada as of 2013, it is mandatory for a student to be granted title of Massage Therapy the student must complete a minimum of 2200 hours and complete a government approved provincial exam to receive designation of *Registered Massage Therapist*. In the United States each state has anywhere from 500 to 1000 hours needed.

Examples: in British Columbia, Massage Therapy is governed by the BC College of Massage Therapy and in Alberta; Massage Therapy is governed by Massage Therapist Association of Alberta & Natural Health Practitioners of Canada. In California, Massage Therapy is governed by American Massage Therapy Association.

Massage Therapist coming from different provinces or states would need to pass that areas board exam.

As Estheticians, Holistic, Natural Health and Day Spa Practitioners; you are **NOT** Massage Therapists. You **cannot** legally **treat** a specific medical condition, where as a Registered Massage Therapist can.

You **cannot** call yourself or advertise any title that refers to Massage Therapy, including:

Massage Therapist, Therapist of Massage, Massage Practitioner, or Practitioner of Massage. It is closely regulated and doing so will create a civil claim, and a fine, and possibility of shutting your business down.

Massage Therapist work on specific parts of the body and can hurt.
Relaxation Massage works on the whole body and no pain.

Swedish Massage is the #1 requested massage in the world!

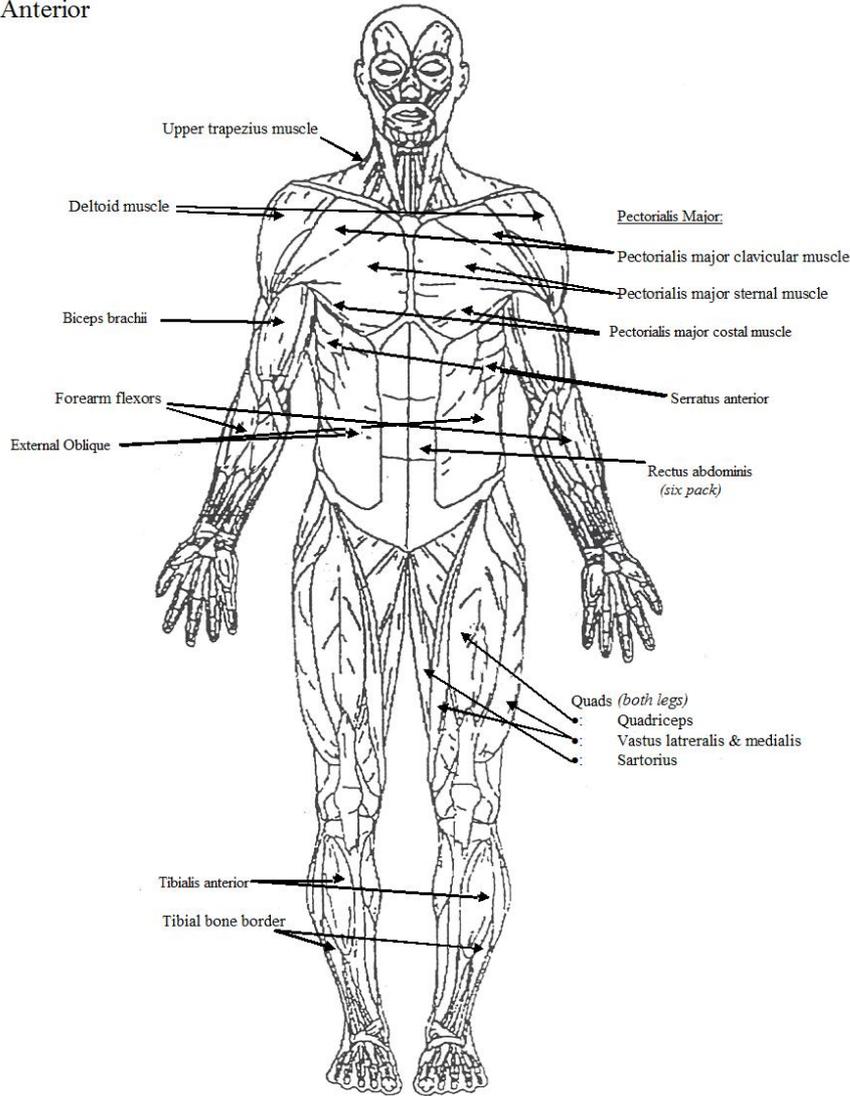
Benefits Of Massage

- The benefits outlined below may not all be gained by the massage taught to aroma therapists. The approach to massage takes in the emotional and mental as much as the physical and the benefits gained through aromatherapy reflect these aspects.
- The benefits of massage can be broken down into several categories. These are:
 - Mechanical
 - Physiological
 - Psychological
- *Note: The effects listed below that may be impacted by the massage taught on this course, are in bold. This does not take into account the effect of essential oils.*
- Mechanical effects of massage are the impact the massage has directly on the muscles, skin, lymph, and circulatory system. It includes:
 - Movement of lymph.
 - Movement venous blood.
 - Releasing and expulsion of lung secretions.
 - Movement of edema.
 - Movement of digestive tract.
- Physiological effects are often noted. They include:

More Benefits

- Increased blood and lymph flow.
- Increased flow of nutrients.
- Removal of waste.
- Encouragement of the healing process.
- Resolution of edema and hematoma.
- Increased extensibility of connective tissue.
- Pain relief.
- Increased joint movement.
- Facilitation of muscle activity.
- Stimulation of autonomic functions.
- Stimulation of visceral functions.
- Removal of lung secretions.
- Sexual arousal.
- Promotion of local and general relaxation.
- Reduction of stress responses.
- Psychological effects are less obvious; however the following have been identified as benefiting from massage:
 - Physical relaxation.
 - Relief of anxiety and tension.
 - Stimulation of physical activity.
 - Pain relief.
 - General feeling of well being (wellness)
 - Sexual arousal.
 - General faith in the laying on of hands.

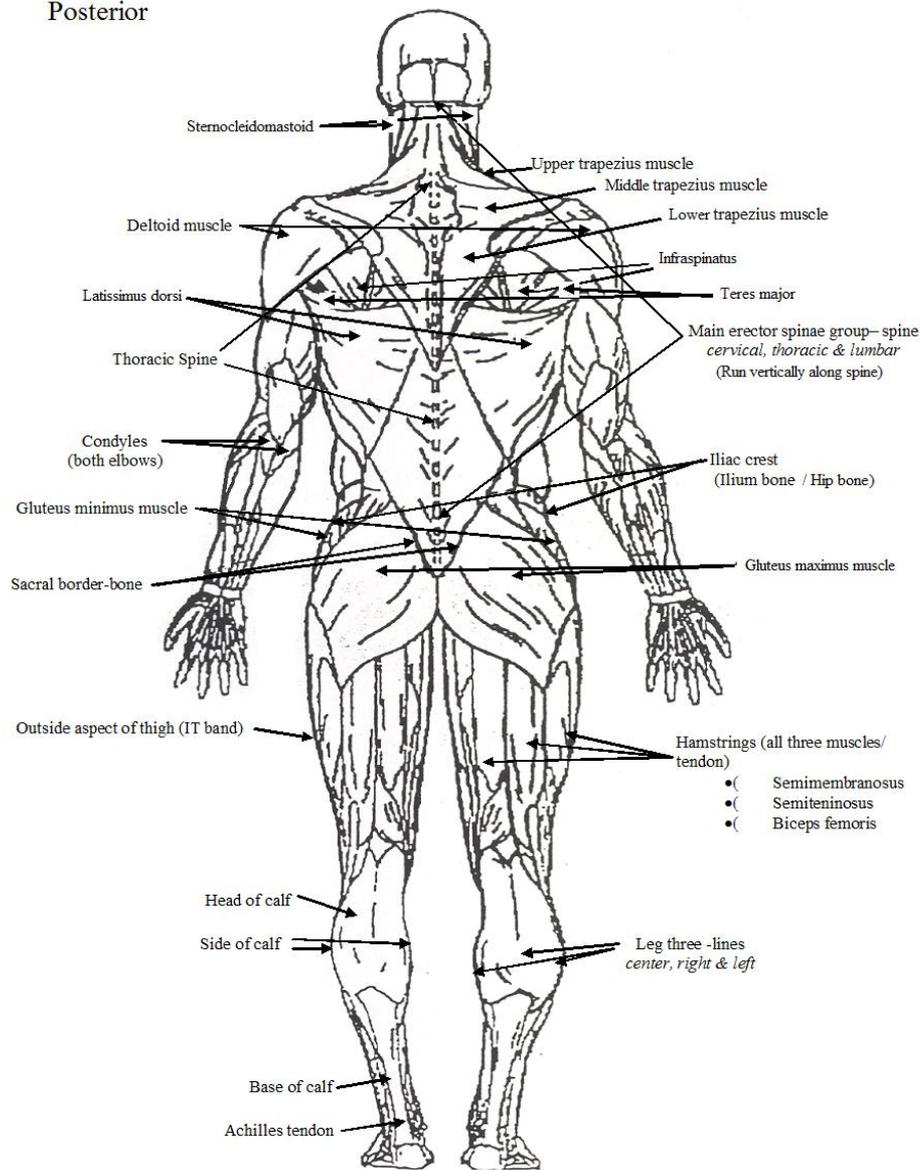
Anterior



Your
Main
Front
Muscles
That
Get
Sore

Your Main Back Muscles

Posterior



Tid-bits Of Info

- **Areas massaged:** Any where a two piece bathing suit does not touch (not on private areas, breasts and groin). Over the sheets you may do the Gluts (bum). You will be taught to massage the back, back of legs, front of legs, tummy, arms, shoulders and face.
- **Carrier Oil used:** Grapeseed or Olive Oil, a non-scented cream or lotion can be used for the face. Do NOT use a mineral oil! Olive oil should last up to 18 months, where grapeseed is healthier for the skin but is only good for about 6 months before it will go rancid (if your oil starts to smell bad or stink throw it out).
- **Duration:** should be about one hour. Many spas include dressing time.
- **Frequency:** Every other day to as often as one can afford. Average is once per month.
- **Relaxation Pressure:** should be four to five pounds. If you pushed on a scale, the pressure you used should show around four to five pounds.
- **Price:** an hour massage ranges usually from \$75.00 to \$110.00. Some spas offer signature massages and can charge up to \$300.00



Constance has been studying Massage since 1997 and has taught since 1999.

Read more about Connie on the website...

www.constancesantego.ca