



Parks and Recreation Department

Swedish (Relaxation) Massage

One of the primary goals of the Swedish massage is to relax the entire body. This is accomplished by massaging the muscles with long gliding strokes in the direction of blood returning to the heart. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while relieving tension.

Additional Swedish massage techniques include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching.