



# Massage

**Massage Therapy is a hands on modality licensed in the State of New York. The requirements for receiving a license include 1,000 hours of academic and clinical study, and passing a board exam given by the State of New York, Department of the Office of Professions. There are approximately 80 modalities that come under the umbrella of a Massage Therapist.**

**Massage Therapy is the systematic manual or mechanical manipulations of the soft tissues, muscles, tendons, ligaments and joints of the body using specific techniques. The following are some physical and mental benefits of massage:**

- **Relieves muscle tension and stiffness**
- **Promotes faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue**
- **Enhances athletic performance & treats injuries caused during work out or sports**
- **Provides greater joint flexibility and range of motion**
- **Relieves stress and aids relaxation**
- **Helps relieve tension-related headaches and effects of eye-strain**
- **Reduces blood pressure**
- **Reduces muscle spasms**
- **Improves posture and treats musculoskeletal problems**
- **Improves circulation of blood and movement of lymph fluids**
- **Enhances the health and nourishment of skin**
- **Aids rehabilitation after an injury and post operative rehabilitation**
- **Reduces levels of anxiety, fosters peace of mind**
- **Promotes a relaxed state of mental alertness**
- **Enhances capacity for calm thinking and creativity**